



49. Brockenlauf
Ilseburg / 07.09.2019

□□□□

Mahato, Anne-Dorthe

□□□: 3:26:28

□□: 321

□□: 7.56 km/h

□□□□: 7:53 min/km

□□: 26.20 km

□□□□□/□□□: 536 (of 581)

26,2 km - Lauf

□□□□□/□: 88 (of 106)

□□□□□□: 2:08:56

□□□□:

□□□□□: 21(of 26)

Seniorinnen W45 (45-49 Jahre)

□□□□□□□: 2:19:04

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	23:01	6:58	16	6:31	71	7:13	3.30	23:01	6:58	16	6:31	71	7:13
Schlüsie	3.10	26:24	8:30	18	8:13	82	9:49	6.40	49:25	7:43	18	14:44	75	16:57
Hermannsklippe	2.60	24:42	9:30	22	8:29	86	10:07	9.00	1:14:07	8:14	18	23:13	81	27:04
Brocken	3.10	38:13	12:19	17	11:03	70	14:04	12.10	1:52:20	9:17	17	33:44	77	41:01
Eiserner Handwe	3.60	26:34	7:22	21	10:35	94	11:22	15.70	2:18:54	8:50	20	44:19	85	52:23
Schlüsie	4.10	27:27	6:41	22	11:01	97	12:21	19.80	2:46:21	8:24	21	55:20	88	1:04:44
Loddenke	3.10	19:23	6:15	21	6:11	87	7:16	22.90	3:05:44	8:06	21	1:01:31	89	1:12:00
Ilseburg/Markt	3.30	20:44	6:16	21	5:53	85	6:44	26.20	3:26:28	7:52	21	1:07:24	88	1:17:32