



49. Brockenlauf
Ilseburg / 07.09.2019

□□□□

Caspersen, Lene

□□□: 3:26:29

□□: 95

□□: 7.61 km/h

□□□□: 7:53 min/km

□□: 26.20 km

□□□□□/□□□: 537 (of 581)

26,2 km - Lauf

□□□□□/□: 89 (of 106)

□□□□□□: 2:08:56

□□□□:

□□□□□: 16(of 19)

Seniorinnen W50 (50-54 Jahre)

□□□□□□□: 2:36:21

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	23:02	6:58	16	3:37	73	7:14	3.30	23:02	6:58	16	3:37	73	7:14	
Schlüsie	3.10	26:23	8:30	15	5:42	81	9:48	6.40	49:25	7:43	15	8:26	75	16:57	
Hermannsklippe	2.60	24:42	9:30	16	6:29	86	10:07	9.00	1:14:07	8:14	16	14:55	81	27:04	
Brocken	3.10	38:14	12:20	11	9:01	71	14:05	12.10	1:52:21	9:17	15	22:10	78	41:02	
Eiserner Handwe	3.60	26:31	7:21	17	8:03	93	11:19	15.70	2:18:52	8:50	16	29:47	84	52:21	
Schlüsie	4.10	27:29	6:42	18	9:33	98	12:23	19.80	2:46:21	8:24	16	39:20	88	1:04:44	
Loddenke	3.10	19:32	6:18	16	5:55	88	7:25	22.90	3:05:53	8:07	16	45:15	90	1:12:09	
Ilseburg/Markt	3.30	20:36	6:14	14	4:53	83	6:36	26.20	3:26:29	7:52	16	50:08	89	1:17:33	