



49. Brockenlauf

Ilseburg / 07.09.2019

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Herzog, Manuela

□□: SG Willmersdorf SKALAWARA
 □□: 205

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W50 (50-54 Jahre)

□□□: 3:29:43

□□: 7.50 km/h
 □□□□: 8:00 min/km

□□□□□/□□□: 544 (of 581)

□□□□□/□: 91 (of 106)

□□□□□□: 2:08:56

□□□□□: 17(of 19)

□□□□□□□: 2:36:21

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	23:37	7:09	17	4:12	81	7:49	3.30	23:37	7:09	17	4:12	81	7:49
Schlüsie	3.10	25:35	8:15	11	4:54	67	9:00	6.40	49:12	7:41	14	8:13	74	16:44
Hermannsklippe	2.60	22:42	8:43	11	4:29	66	8:07	9.00	1:11:54	7:59	13	12:42	72	24:51
Brocken	3.10	38:56	12:33	14	9:43	79	14:47	12.10	1:50:50	9:09	14	20:39	74	39:31
Eiserner Handwe	3.60	27:57	7:45	19	9:29	98	12:45	15.70	2:18:47	8:50	15	29:42	83	52:16
Schlüsie	4.10	27:38	6:44	19	9:42	99	12:32	19.80	2:46:25	8:24	17	39:24	91	1:04:48
Loddenke	3.10	20:52	6:43	18	7:15	96	8:45	22.90	3:07:17	8:10	17	46:39	91	1:13:33
Ilseburg/Markt	3.30	22:26	6:47	18	6:43	95	8:26	26.20	3:29:43	8:00	17	53:22	91	1:20:47