



49. Brockenlauf

Ilseburg / 07.09.2019

□□□□

Reich, Elke

□□□: 3:32:10

□□: 601

□□: 7.41 km/h

□□□□: 8:06 min/km

□□: 26.20 km

□□□□□/□□□: 547 (of 581)

26,2 km - Lauf

□□□□□/□: 92 (of 106)

□□□□□□: 2:08:56

□□□□:

□□□□□: 18(of 19)

Seniorinnen W50 (50-54 Jahre)

□□□□□□□: 2:36:21

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:32	6:49	13	3:07	63	6:44	3.30	22:32	6:49	13	3:07	63	6:44	
Schlüsie	3.10	26:02	8:23	14	5:21	75	9:27	6.40	48:34	7:35	13	7:35	72	16:06	
Hermannsklippe	2.60	24:30	9:25	15	6:17	83	9:55	9.00	1:13:04	8:07	14	13:52	76	26:01	
Brocken	3.10	42:34	13:43	19	13:21	97	18:25	12.10	1:55:38	9:33	18	25:27	90	44:19	
Eiserner Handwe	3.60	26:44	7:25	18	8:16	95	11:32	15.70	2:22:22	9:04	18	33:17	91	55:51	
Schlüsie	4.10	26:40	6:30	17	8:44	94	11:34	19.80	2:49:02	8:32	18	42:01	93	1:07:25	
Loddenke	3.10	20:48	6:42	17	7:11	95	8:41	22.90	3:09:50	8:17	18	49:12	93	1:16:06	
Ilseburg/Markt	3.30	22:20	6:46	17	6:37	93	8:20	26.20	3:32:10	8:05	18	55:49	92	1:23:14	