



49. Brockenlauf

Ilseburg / 07.09.2019

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Grambart, Sandra

□□: Bad Zwischenahn
 □□: 172

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W40 (40-44 Jahre)

□□□: 3:32:29

□□: 7.34 km/h
 □□□□: 8:07 min/km

□□□□□/□□□: 548 (of 581)

□□□□□/□: 93 (of 106)

□□□□□□: 2:08:56

□□□□□: 10(of 11)

□□□□□□□: 2:13:53

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	24:38	7:27	10	8:41	94	8:50	3.30	24:38	7:27	10	8:41	94	8:50	
Schlüsie	3.10	26:40	8:36	10	9:05	86	10:05	6.40	51:18	8:00	10	17:46	87	18:50	
Hermannsklippe	2.60	25:30	9:48	10	10:05	94	10:55	9.00	1:16:48	8:31	10	27:51	94	29:45	
Brocken	3.10	39:49	12:50	10	14:21	86	15:40	12.10	1:56:37	9:38	10	42:12	91	45:18	
Eiserner Handwe	3.60	26:04	7:14	11	9:10	90	10:52	15.70	2:22:41	9:05	10	51:22	92	56:10	
Schlüsie	4.10	24:47	6:02	10	8:45	87	9:41	19.80	2:47:28	8:27	10	1:00:07	92	1:05:51	
Loddenke	3.10	20:11	6:30	9	7:39	90	8:04	22.90	3:07:39	8:11	10	1:07:46	92	1:13:55	
Ilseburg/Markt	3.30	24:50	7:31	10	10:50	102	10:50	26.20	3:32:29	8:06	10	1:18:36	93	1:23:33	