



49. Brockenlauf

Ilseburg / 07.09.2019

□□□□

Behrens Mathiesen, Charlotte

□□□: 3:35:03

□□: Kolding

□□: 7.25 km/h

□□: 55

□□□□: 8:13 min/km

□□: 26.20 km

□□□□□/□□□: 553 (of 581)

26,2 km - Lauf

□□□□□/□: 94 (of 106)

□□□□□□: 2:08:56

□□□□:

□□□□□: 22(of 26)

Seniorinnen W45 (45-49 Jahre)

□□□□□□□: 2:19:04

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	24:34	7:26	21	8:04	90	8:46	3.30	24:34	7:26	21	8:04	90	8:46	
Schlüsie	3.10	27:12	8:46	23	9:01	92	10:37	6.40	51:46	8:05	23	17:05	91	19:18	
Hermannsklippe	2.60	24:04	9:15	20	7:51	80	9:29	9.00	1:15:50	8:25	22	24:56	91	28:47	
Brocken	3.10	44:29	14:20	24	17:19	101	20:20	12.10	2:00:19	9:56	23	41:43	97	49:00	
Eiserner Handwe	3.60	26:54	7:28	22	10:55	96	11:42	15.70	2:27:13	9:22	23	52:38	96	1:00:42	
Schlüsie	4.10	25:50	6:18	21	9:24	91	10:44	19.80	2:53:03	8:44	22	1:02:02	95	1:11:26	
Loddenke	3.10	20:33	6:37	22	7:21	94	8:26	22.90	3:13:36	8:27	22	1:09:23	95	1:19:52	
Ilseburg/Markt	3.30	21:27	6:30	22	6:36	87	7:27	26.20	3:35:03	8:12	22	1:15:59	94	1:26:07	