



49. Brockenlauf

Ilseburg / 07.09.2019

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Witt, Michaela

□□: Team Teichteufel
 □□: 569

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W50 (50-54 Jahre)

□□□: 3:35:47

□□: 7.23 km/h
 □□□□: 8:14 min/km

□□□□□/□□□: 555 (of 581)

□□□□□/□: 95 (of 106)

□□□□□□: 2:08:56

□□□□□: 19(of 19)

□□□□□□□: 2:36:21

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	24:25	7:23	18	5:00	87	8:37	3.30	24:25	7:23	18	5:00	87	8:37
Schlüsie	3.10	27:31	8:52	18	6:50	93	10:56	6.40	51:56	8:06	18	10:57	92	19:28
Hermannsklippe	2.60	25:40	9:52	18	7:27	95	11:05	9.00	1:17:36	8:37	19	18:24	95	30:33
Brocken	3.10	41:13	13:17	18	12:00	95	17:04	12.10	1:58:49	9:49	19	28:38	94	47:30
Eiserner Handwe	3.60	25:49	7:10	16	7:21	88	10:37	15.70	2:24:38	9:12	19	35:33	94	58:07
Schlüsie	4.10	24:49	6:03	15	6:53	88	9:43	19.80	2:49:27	8:33	19	42:26	94	1:07:50
Loddenke	3.10	21:40	6:59	19	8:03	101	9:33	22.90	3:11:07	8:20	19	50:29	94	1:17:23
Ilseburg/Markt	3.30	24:40	7:28	19	8:57	101	10:40	26.20	3:35:47	8:14	19	59:26	95	1:26:51