



# 49. Brockenlauf

Ilseburg / 07.09.2019

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Wennhold, Lorena

□□: NotFastJustFurious  
 □□: 555

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Seniorinnen W30 (30-34 Jahre)

□□□: 3:38:46

□□: 7.19 km/h  
 □□□□: 8:21 min/km

□□□□□/□□□: 559 (of 581)

□□□□□/□: 97 (of 106)

□□□□□□: 2:08:56

□□□□□: 6(of 6)

□□□□□□□: 2:36:48

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	24:36	7:27	4	6:50	92	8:48	3.30	24:36	7:27	4	6:50	92	8:48
Schlüsie	3.10	28:50	9:18	6	8:12	96	12:15	6.40	53:26	8:20	6	15:02	95	20:58
Hermannsklippe	2.60	25:17	9:43	6	7:04	92	10:42	9.00	1:18:43	8:44	6	21:33	96	31:40
Brocken	3.10	40:28	13:03	6	9:05	89	16:19	12.10	1:59:11	9:50	6	30:38	95	47:52
Eiserner Handwe	3.60	28:46	7:59	6	10:53	103	13:34	15.70	2:27:57	9:25	6	41:31	98	1:01:26
Schlüsie	4.10	28:19	6:54	6	10:42	101	13:13	19.80	2:56:16	8:54	6	52:13	97	1:14:39
Loddenke	3.10	20:27	6:35	6	6:47	92	8:20	22.90	3:16:43	8:35	6	57:28	96	1:22:59
Ilseburg/Markt	3.30	22:03	6:40	6	6:35	92	8:03	26.20	3:38:46	8:20	6	1:01:58	97	1:29:50