



49. Brockenlauf

Ilseburg / 07.09.2019

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Stanislaus, Nicole

□□: Eckernförde

□□: 492

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 3:41:20

□□: 7.10 km/h

□□□□: 8:27 min/km

□□□□□/□□□: 564 (of 581)

□□□□□/□: 99 (of 106)

□□□□□□: 2:08:56

□□□□□: 23(of 26)

□□□□□□□: 2:19:04

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	24:45	7:30	23	8:15	96	8:57	3.30	24:45	7:30	23	8:15	96	8:57
Schlüsie	3.10	27:00	8:42	21	8:49	87	10:25	6.40	51:45	8:05	22	17:04	90	19:17
Hermannsklippe	2.60	24:27	9:24	21	8:14	81	9:52	9.00	1:16:12	8:28	23	25:18	92	29:09
Brocken	3.10	42:16	13:38	23	15:06	96	18:07	12.10	1:58:28	9:47	22	39:52	93	47:09
Eiserner Handwe	3.60	28:40	7:57	24	12:41	101	13:28	15.70	2:27:08	9:22	22	52:33	95	1:00:37
Schlüsie	4.10	28:30	6:57	24	12:04	103	13:24	19.80	2:55:38	8:52	23	1:04:37	96	1:14:01
Loddenke	3.10	22:15	7:10	23	9:03	102	10:08	22.90	3:17:53	8:38	23	1:13:40	99	1:24:09
Ilseburg/Markt	3.30	23:27	7:06	23	8:36	96	9:27	26.20	3:41:20	8:26	23	1:22:16	99	1:32:24