



49. Brockenlauf

Ilsenburg / 07.09.2019

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Joergensen, Susanne Ravn

□□: Faaborg Ski- og Motionsklub
 □□: 229

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W55 (55-59 Jahre)

□□□: 3:41:59

□□: 7.03 km/h
 □□□□: 8:28 min/km

□□□□□/□□□: 565 (of 581)

□□□□□/□: 100 (of 106)

□□□□□□: 2:08:56

□□□□□: 10(of 11)

□□□□□□□: 2:12:06

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	24:46	7:30	10	7:00	97	8:58	3.30	24:46	7:30	10	7:00	97	8:58
Schlüsie	3.10	28:19	9:08	10	11:05	94	11:44	6.40	53:05	8:17	10	18:05	94	20:37
Hermannsklippe	2.60	27:04	10:24	10	11:47	99	12:29	9.00	1:20:09	8:54	10	29:52	98	33:06
Brocken	3.10	43:12	13:56	11	19:03	99	19:03	12.10	2:03:21	10:11	10	48:55	99	52:02
Eiserner Handwe	3.60	26:26	7:20	10	10:44	92	11:14	15.70	2:29:47	9:32	10	59:39	99	1:03:16
Schlüsie	4.10	26:29	6:27	10	11:19	93	11:23	19.80	2:56:16	8:54	10	1:10:58	97	1:14:39
Loddenke	3.10	21:36	6:58	11	8:58	100	9:29	22.90	3:17:52	8:38	10	1:19:56	98	1:24:08
Ilsenburg/Markt	3.30	24:07	7:18	11	9:57	98	10:07	26.20	3:41:59	8:28	10	1:29:53	100	1:33:03