



49. Brockenlauf

Ilseburg / 07.09.2019

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Fischer, Ines

□□: LGV Marathon Giessen

□□: 141

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W55 (55-59 Jahre)

□□□: 3:48:07

□□: 6.89 km/h

□□□□: 8:43 min/km

□□□□□/□□□: 568 (of 581)

□□□□□/□: 101 (of 106)

□□□□□□: 2:08:56

□□□□□: 11(of 11)

□□□□□□□: 2:12:06

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	28:51	8:44	11	11:05	105	13:03	3.30	28:51	8:44	11	11:05	105	13:03
Schlüsie	3.10	30:55	9:58	11	13:41	102	14:20	6.40	59:46	9:20	11	24:46	102	27:18
Hermannsklippe	2.60	27:04	10:24	10	11:47	99	12:29	9.00	1:26:50	9:38	11	36:33	103	39:47
Brocken	3.10	42:47	13:48	10	18:38	98	18:38	12.10	2:09:37	10:42	11	55:11	102	58:18
Eiserner Handwe	3.60	28:05	7:48	11	12:23	99	12:53	15.70	2:37:42	10:02	11	1:07:34	102	1:11:11
Schlüsie	4.10	27:15	6:38	11	12:05	96	12:09	19.80	3:04:57	9:20	11	1:19:39	102	1:23:20
Loddenke	3.10	21:14	6:50	10	8:36	99	9:07	22.90	3:26:11	9:00	11	1:28:15	101	1:32:27
Ilseburg/Markt	3.30	21:56	6:38	10	7:46	90	7:56	26.20	3:48:07	8:42	11	1:36:01	101	1:39:11