



49. Brockenlauf

Ilseburg / 07.09.2019

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Lyko, Silke

□□: Motivation ist der Weg zum Ziel

□□: 318

□□: 26.20 km
26,2 km - Lauf

□□□□:
Seniorinnen W35 (35-39 Jahre)

□□□□□/□□□: DSQ (of 581)

□□□□□/□: DSQ (of 106)

□□□□□□: 2:08:56

□□□□□: DSQ(of 11)

□□□□□□□: 2:08:56

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 27:35 | 8:21 | 11 | 11:42 | 101 | 11:47 | 3.30 | 27:35 | 8:21 | 11 | 11:42 | 101 | 11:47 | |
| Schlüsie | 3.10 | 32:52 | 10:36 | 11 | 16:17 | 104 | 16:17 | 6.40 | 1:00:27 | 9:26 | 11 | 27:59 | 104 | 27:59 | |
| Hermannsklippe | 2.60 | 31:03 | 11:56 | 11 | 16:28 | 104 | 16:28 | 9.00 | 1:31:30 | 10:09 | 11 | 44:27 | 106 | 44:27 | |
| Brocken | 3.10 | 51:11 | 16:30 | 11 | 26:55 | 106 | 27:02 | 12.10 | 2:22:41 | 11:47 | 11 | 1:11:22 | 106 | 1:11:22 | |
| Eiserner Handwe | 3.60 | 29:18 | 8:08 | 11 | 14:06 | 104 | 14:06 | 15.70 | 2:51:59 | 10:57 | 11 | 1:25:28 | 106 | 1:25:28 | |
| Schlüsie | 4.10 | fehlt! | - | - | - | - | - | 19.80 | - | - | - | - | - | - | |
| Loddenke | 3.10 | fehlt! | - | - | - | - | - | 22.90 | - | - | - | - | - | - | |
| Ilseburg/Markt | 3.30 | 1:25:49 | 26:00 | 11 | 1:10:44 | 105 | 1:11:49 | 26.20 | - | - | - | - | - | - | |