



49. Brockenlauf

Ilseburg / 07.09.2019

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Sögding, Steffi Doreen

□□: Running.Steff

□□: 484

□□: 26.20 km
26,2 km - Lauf

□□□□:
Seniorinnen W45 (45-49 Jahre)

□□□□□/□□□: DSQ (of 581)

□□□□□/□: DSQ (of 106)

□□□□□□: 2:08:56

□□□□□: DSQ(of 26)

□□□□□□□: 2:19:04

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	29:08	8:49	26	12:38	106	13:20	3.30	29:08	8:49	26	12:38	106	13:20
Schlüsie	3.10	30:59	9:59	26	12:48	103	14:24	6.40	1:00:07	9:23	26	25:26	103	27:39
Hermannsklippe	2.60	27:41	10:38	26	11:28	102	13:06	9.00	1:27:48	9:45	26	36:54	105	40:45
Brocken	3.10	47:36	15:21	26	20:26	103	23:27	12.10	2:15:24	11:11	26	56:48	104	1:04:05
Eiserner Handwe	3.60	33:08	9:12	26	17:09	106	17:56	15.70	2:48:32	10:44	26	1:13:57	105	1:22:01
Schlüsie	4.10	fehlt!	-	-	-	-	-	19.80	-	-	-	-	-	-
Loddenke	3.10	fehlt!	-	-	-	-	-	22.90	-	-	-	-	-	-
Ilseburg/Markt	3.30	1:29:15	27:02	26	1:14:24	106	1:15:15	26.20	-	-	-	-	-	-