



49. Brockenlauf

Ilseburg / 07.09.2019

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Koepe, Ulrike

□□: LT Elsen-Wewer
 □□: 268

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W55 (55-59 Jahre)

□□□: 2:12:06

□□: 11.81 km/h
 □□□□: 5:02 min/km

□□□□□/□□□□: 58 (of 581)

□□□□□/□: 2 (of 106)

□□□□□□: 2:08:56

□□□□□: 1(of 11)

□□□□□□□: 2:12:06

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	17:46	5:23	1	-	5	1:58	3.30	17:46	5:23	1	-	5	1:58
Schlüsie	3.10	17:14	5:33	1	-	2	0:39	6.40	35:00	5:28	1	-	5	2:32
Hermannsklippe	2.60	15:17	5:52	1	-	2	0:42	9.00	50:17	5:35	1	-	3	3:14
Brocken	3.10	24:09	7:47	1	-	1	-	12.10	1:14:26	6:09	1	-	3	3:07
Eiserner Handwe	3.60	15:42	4:21	1	-	2	0:30	15.70	1:30:08	5:44	1	-	2	3:37
Schlüsie	4.10	15:10	3:41	1	-	2	0:04	19.80	1:45:18	5:19	1	-	2	3:41
Loddenke	3.10	12:38	4:04	1	-	3	0:31	22.90	1:57:56	5:08	1	-	2	4:12
Ilseburg/Markt	3.30	14:10	4:17	1	-	2	0:10	26.20	2:12:06	5:02	1	-	2	3:10