



49. Brockenlauf

Ilseburg / 07.09.2019

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Berkath, Petra

□□: TV Jahn Walsrode

□□: 59

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 2:29:47

□□: 10.42 km/h

□□□□: 5:43 min/km

□□□□□/□□□: 186 (of 581)

□□□□□/□: 7 (of 106)

□□□□□□: 2:08:56

□□□□□: 2(of 26)

□□□□□□□: 2:19:04

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:09	5:48	2	2:39	12	3:21	3.30	19:09	5:48	2	2:39	12	3:21	
Schlüsie	3.10	20:03	6:28	2	1:52	8	3:28	6.40	39:12	6:07	2	4:31	9	6:44	
Hermannsklippe	2.60	17:22	6:40	2	1:09	7	2:47	9.00	56:34	6:17	2	5:40	8	9:31	
Brocken	3.10	27:10	8:45	1	-	4	3:01	12.10	1:23:44	6:55	2	5:08	6	12:25	
Eiserner Handwe	3.60	17:54	4:58	3	1:55	10	2:42	15.70	1:41:38	6:28	2	7:03	6	15:07	
Schlüsie	4.10	18:15	4:27	6	1:49	22	3:09	19.80	1:59:53	6:03	2	8:52	6	18:16	
Loddenke	3.10	14:19	4:37	4	1:07	16	2:12	22.90	2:14:12	5:51	2	9:59	7	20:28	
Ilseburg/Markt	3.30	15:35	4:43	2	0:44	12	1:35	26.20	2:29:47	5:43	2	10:43	7	20:51	