



49. Brockenlauf

Ilseburg / 07.09.2019

□□□□

Klimpke, Susan

□□: TV Rennerod Run for Fun
 □□: 259

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W40 (40-44 Jahre)

□□□: 2:30:22

□□: 10.45 km/h
 □□□□: 5:44 min/km

□□□□□/□□□: 193 (of 581)

□□□□□/□: 8 (of 106)

□□□□□□: 2:08:56

□□□□□: 2(of 11)

□□□□□□□: 2:13:53

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 18:27 | 5:35 | 2 | 2:30 | 7 | 2:39 | 3.30 | 18:27 | 5:35 | 2 | 2:30 | 7 | 2:39 | |
| Schlüsie | 3.10 | 19:27 | 6:16 | 2 | 1:52 | 6 | 2:52 | 6.40 | 37:54 | 5:55 | 2 | 4:22 | 6 | 5:26 | |
| Hermannsklippe | 2.60 | 17:21 | 6:40 | 2 | 1:56 | 6 | 2:46 | 9.00 | 55:15 | 6:08 | 2 | 6:18 | 6 | 8:12 | |
| Brocken | 3.10 | 31:04 | 10:01 | 2 | 5:36 | 14 | 6:55 | 12.10 | 1:26:19 | 7:08 | 2 | 11:54 | 10 | 15:00 | |
| Eiserner Handwe | 3.60 | 17:44 | 4:55 | 2 | 0:50 | 8 | 2:32 | 15.70 | 1:44:03 | 6:37 | 2 | 12:44 | 9 | 17:32 | |
| Schlüsie | 4.10 | 17:11 | 4:11 | 2 | 1:09 | 7 | 2:05 | 19.80 | 2:01:14 | 6:07 | 2 | 13:53 | 8 | 19:37 | |
| Loddenke | 3.10 | 13:40 | 4:24 | 2 | 1:08 | 8 | 1:33 | 22.90 | 2:14:54 | 5:53 | 2 | 15:01 | 8 | 21:10 | |
| Ilseburg/Markt | 3.30 | 15:28 | 4:41 | 2 | 1:28 | 8 | 1:28 | 26.20 | 2:30:22 | 5:44 | 2 | 16:29 | 8 | 21:26 | |