



# 49. Brockenlauf

Ilseburg / 07.09.2019

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**Rudel-Alber, Elke**

□□: LGV Marathon Giessen  
 □□: 422

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Seniorinnen W55 (55-59 Jahre)

□□□: 2:39:29

□□: 9.86 km/h  
 □□□□: 6:05 min/km

□□□□□/□□□: 280 (of 581)

□□□□□/□: 16 (of 106)

□□□□□□: 2:08:56

□□□□□: 2(of 11)

□□□□□□□: 2:12:06

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:19	6:09	3	2:33	32	4:31	3.30	20:19	6:09	3	2:33	32	4:31
Schlüsie	3.10	21:06	6:48	2	3:52	15	4:31	6.40	41:25	6:28	2	6:25	21	8:57
Hermannsklippe	2.60	18:53	7:15	2	3:36	18	4:18	9.00	1:00:18	6:41	2	10:01	20	13:15
Brocken	3.10	31:03	10:00	2	6:54	13	6:54	12.10	1:31:21	7:32	2	16:55	16	20:02
Eiserner Handwe	3.60	18:55	5:15	2	3:13	20	3:43	15.70	1:50:16	7:01	2	20:08	14	23:45
Schlüsie	4.10	17:54	4:21	2	2:44	13	2:48	19.80	2:08:10	6:28	2	22:52	14	26:33
Loddenke	3.10	14:45	4:45	3	2:07	22	2:38	22.90	2:22:55	6:14	2	24:59	14	29:11
Ilseburg/Markt	3.30	16:34	5:01	3	2:24	22	2:34	26.20	2:39:29	6:05	2	27:23	16	30:33