



# 49. Brockenlauf

Ilseburg / 07.09.2019

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## Renziehausen, Denise

□□: pingpank running

□□: 406

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 2:42:36

□□: 9.59 km/h

□□□□: 6:13 min/km

□□□□□/□□□: 300 (of 581)

□□□□□/□: 18 (of 106)

□□□□□□: 2:08:56

□□□□□: 5(of 26)

□□□□□□□: 2:19:04

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:32	6:31	10	5:02	46	5:44	3.30	21:32	6:31	10	5:02	46	5:44	
Schlüsie	3.10	22:17	7:11	8	4:06	28	5:42	6.40	43:49	6:50	10	9:08	37	11:21	
Hermannsklippe	2.60	19:27	7:28	6	3:14	23	4:52	9.00	1:03:16	7:01	9	12:22	31	16:13	
Brocken	3.10	32:14	10:23	5	5:04	21	8:05	12.10	1:35:30	7:53	6	16:54	25	24:11	
Eiserner Handwe	3.60	18:45	5:12	6	2:46	17	3:33	15.70	1:54:15	7:16	6	19:40	22	27:44	
Schlüsie	4.10	18:09	4:25	5	1:43	21	3:03	19.80	2:12:24	6:41	5	21:23	21	30:47	
Loddenke	3.10	14:02	4:31	3	0:50	11	1:55	22.90	2:26:26	6:23	5	22:13	19	32:42	
Ilseburg/Markt	3.30	16:10	4:53	4	1:19	15	2:10	26.20	2:42:36	6:12	5	23:32	18	33:40	