



49. Brockenlauf

Ilseburg / 07.09.2019

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Kreibohm, Sabrina

□□: MTV Goslar
 □□: 278

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W40 (40-44 Jahre)

□□□: 2:43:13

□□: 9.56 km/h
 □□□□: 6:14 min/km

□□□□□/□□□: 306 (of 581)

□□□□□/□: 20 (of 106)

□□□□□□: 2:08:56

□□□□□: 3(of 11)

□□□□□□□: 2:13:53

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:02	6:04	5	4:05	26	4:14	3.30	20:02	6:04	5	4:05	26	4:14
Schlüsie	3.10	21:49	7:02	5	4:14	22	5:14	6.40	41:51	6:32	5	8:19	22	9:23
Hermannsklippe	2.60	19:14	7:23	4	3:49	20	4:39	9.00	1:01:05	6:47	5	12:08	23	14:02
Brocken	3.10	33:23	10:46	5	7:55	31	9:14	12.10	1:34:28	7:48	4	20:03	22	23:09
Eiserner Handwe	3.60	18:49	5:13	4	1:55	18	3:37	15.70	1:53:17	7:12	4	21:58	20	26:46
Schlüsie	4.10	18:36	4:32	5	2:34	27	3:30	19.80	2:11:53	6:39	4	24:32	20	30:16
Loddenke	3.10	14:45	4:45	3	2:13	22	2:38	22.90	2:26:38	6:24	4	26:45	21	32:54
Ilseburg/Markt	3.30	16:35	5:01	3	2:35	23	2:35	26.20	2:43:13	6:13	3	29:20	20	34:17