



49. Brockenlauf

Ilseburg / 07.09.2019

□□□□

Schäfer-Schander, Nadja

□□: Kassel

□□: 430

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W35 (35-39 Jahre)

□□□: 2:43:53

□□: 9.59 km/h

□□□□: 6:16 min/km

□□□□□/□□□: 308 (of 581)

□□□□□/□: 21 (of 106)

□□□□□□: 2:08:56

□□□□□: 3(of 11)

□□□□□□□: 2:08:56

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 19:24 | 5:52 | 5 | 3:31 | 16 | 3:36 | 3.30 | 19:24 | 5:52 | 5 | 3:31 | 16 | 3:36 | |
| Schlüsie | 3.10 | 22:43 | 7:19 | 6 | 6:08 | 34 | 6:08 | 6.40 | 42:07 | 6:34 | 5 | 9:39 | 26 | 9:39 | |
| Hermannsklippe | 2.60 | 20:48 | 8:00 | 6 | 6:13 | 40 | 6:13 | 9.00 | 1:02:55 | 6:59 | 5 | 15:52 | 29 | 15:52 | |
| Brocken | 3.10 | 33:52 | 10:55 | 4 | 9:36 | 35 | 9:43 | 12.10 | 1:36:47 | 7:59 | 5 | 25:28 | 34 | 25:28 | |
| Eiserner Handwe | 3.60 | 18:02 | 5:00 | 3 | 2:50 | 11 | 2:50 | 15.70 | 1:54:49 | 7:18 | 4 | 28:18 | 25 | 28:18 | |
| Schlüsie | 4.10 | 17:47 | 4:20 | 3 | 2:41 | 11 | 2:41 | 19.80 | 2:12:36 | 6:41 | 4 | 30:59 | 23 | 30:59 | |
| Loddenke | 3.10 | 14:25 | 4:39 | 3 | 2:18 | 17 | 2:18 | 22.90 | 2:27:01 | 6:25 | 3 | 33:17 | 22 | 33:17 | |
| Ilseburg/Markt | 3.30 | 16:52 | 5:06 | 3 | 1:47 | 26 | 2:52 | 26.20 | 2:43:53 | 6:15 | 3 | 34:57 | 21 | 34:57 | |