



# 49. Brockenlauf

Ilseburg / 07.09.2019

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Schäfer-Schander, Nadja

□□: Kassel

□□: 430

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W35 (35-39 Jahre)

□□□: 2:43:53

□□: 9.52 km/h

□□□□: 6:16 min/km

□□□□□/□□□: 308 (of 581)

□□□□□/□: 21 (of 106)

□□□□□□: 2:08:56

□□□□□: 3(of 11)

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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	