



49. Brockenlauf

Ilseburg / 07.09.2019

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Reinold, Claudia

□□: Non Stop Ultra Brakel

□□: 404

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W40 (40-44 Jahre)

□□□: 2:44:53

□□: 9.46 km/h

□□□□: 6:17 min/km

□□□□□/□□□: 317 (of 581)

□□□□□/□: 24 (of 106)

□□□□□□: 2:08:56

□□□□□: 4(of 11)

□□□□□□□: 2:13:53

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:11	5:48	3	3:14	14	3:23	3.30	19:11	5:48	3	3:14	14	3:23	
Schlüsie	3.10	21:33	6:57	4	3:58	19	4:58	6.40	40:44	6:21	3	7:12	16	8:16	
Hermannsklippe	2.60	19:12	7:23	3	3:47	19	4:37	9.00	59:56	6:39	3	10:59	18	12:53	
Brocken	3.10	32:42	10:32	3	7:14	26	8:33	12.10	1:32:38	7:39	3	18:13	18	21:19	
Eiserner Handwe	3.60	18:41	5:11	3	1:47	16	3:29	15.70	1:51:19	7:05	3	20:00	16	24:48	
Schlüsie	4.10	18:05	4:24	3	2:03	17	2:59	19.80	2:09:24	6:32	3	22:03	17	27:47	
Loddenke	3.10	16:10	5:12	6	3:38	44	4:03	22.90	2:25:34	6:21	3	25:41	18	31:50	
Ilseburg/Markt	3.30	19:19	5:51	7	5:19	67	5:19	26.20	2:44:53	6:17	4	31:00	24	35:57	