



49. Brockenlauf

Ilseburg / 07.09.2019

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Kuse, Nicole

□□: TuS Xanten
 □□: 292

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W45 (45-49 Jahre)

□□□: 2:45:00

□□: 9.53 km/h
 □□□□: 6:18 min/km

□□□□□/□□□: 319 (of 581)

□□□□□/□: 26 (of 106)

□□□□□□: 2:08:56

□□□□□: 7(of 26)

□□□□□□□: 2:19:04

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:03	6:22	9	4:33	38	5:15	3.30	21:03	6:22	9	4:33	38	5:15
Schlüsie	3.10	21:20	6:52	5	3:09	18	4:45	6.40	42:23	6:37	7	7:42	29	9:55
Hermannsklippe	2.60	18:35	7:08	5	2:22	15	4:00	9.00	1:00:58	6:46	5	10:04	22	13:55
Brocken	3.10	32:30	10:29	6	5:20	24	8:21	12.10	1:33:28	7:43	5	14:52	19	22:09
Eiserner Handwe	3.60	20:42	5:45	10	4:43	40	5:30	15.70	1:54:10	7:16	5	19:35	21	27:39
Schlüsie	4.10	19:08	4:40	8	2:42	29	4:02	19.80	2:13:18	6:43	7	22:17	25	31:41
Loddenke	3.10	14:52	4:47	7	1:40	25	2:45	22.90	2:28:10	6:28	6	23:57	24	34:26
Ilseburg/Markt	3.30	16:50	5:06	7	1:59	25	2:50	26.20	2:45:00	6:17	7	25:56	26	36:04