



49. Brockenlauf

Ilseburg / 07.09.2019

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Droste, Kathrin

□□: Drübeck

□□: 115

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W35 (35-39 Jahre)

□□□: 2:44:57

□□: 9.46 km/h

□□□□: 6:18 min/km

□□□□□/□□□: 318 (of 581)

□□□□□/□: 25 (of 106)

□□□□□□: 2:08:56

□□□□□: 4(of 11)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	18:42	5:40	3	2:49	9	2:54	3.30	18:42	5:40	3	2:49	9	2:54	
Schlüsie	3.10	21:38	6:58	3	5:03	20	5:03	6.40	40:20	6:18	3	7:52	13	7:52	
Hermannsklippe	2.60	19:25	7:28	3	4:50	21	4:50	9.00	59:45	6:38	3	12:42	17	12:42	
Brocken	3.10	33:51	10:55	3	9:35	33	9:42	12.10	1:33:36	7:44	3	22:17	21	22:17	
Eiserner Handwe	3.60	18:57	5:15	4	3:45	21	3:45	15.70	1:52:33	7:10	3	26:02	19	26:02	
Schlüsie	4.10	19:12	4:40	5	4:06	31	4:06	19.80	2:11:45	6:39	3	30:08	19	30:08	
Loddenke	3.10	15:34	5:01	6	3:27	34	3:27	22.90	2:27:19	6:25	4	33:35	23	33:35	
Ilseburg/Markt	3.30	17:38	5:20	6	2:33	38	3:38	26.20	2:44:57	6:17	4	36:01	25	36:01	