



49. Brockenlauf

Ilseburg / 07.09.2019

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Dickehut, Nancy

□□: Brockenlaufverein
 □□: 100

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W35 (35-39 Jahre)

□□□: 2:47:24

□□: 9.39 km/h
 □□□□: 6:23 min/km

□□□□□/□□□: 344 (of 581)

□□□□□/□: 29 (of 106)

□□□□□□: 2:08:56

□□□□□: 5(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	19:47	7:36	4	5:12	28	5:12	9.00	1:00:07	6:40	4	13:04	19	13:04	
Brocken	3.10	35:01	11:17	5	10:45	49	10:52	12.10	1:35:08	7:51	4	23:49	24	23:49	
Eiserner Handwe	3.60	20:23	5:39	5	5:11	36	5:11	15.70	1:55:31	7:21	5	29:00	28	29:00	
Schlüsie	4.10	18:31	4:30	4	3:25	26	3:25	19.80	2:14:02	6:46	5	32:25	29	32:25	
Loddenke	3.10	15:20	4:56	5	3:13	31	3:13	22.90	2:29:22	6:31	5	35:38	30	35:38	
Ilseburg/Markt	3.30	18:02	5:27	7	2:57	44	4:02	26.20	2:47:24	6:23	5	38:28	29	38:28	