



49. Brockenlauf

Ilseburg / 07.09.2019

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Lenhard, Astrid

□□: Hannover
 □□: 302

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W40 (40-44 Jahre)

□□□: 2:47:37

□□: 9.38 km/h
 □□□□: 6:24 min/km

□□□□□/□□□: 347 (of 581)

□□□□□/□: 30 (of 106)

□□□□□□: 2:08:56

□□□□□: 6(of 11)

□□□□□□□: 2:13:53

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:45	5:59	4	3:48	20	3:57	3.30	19:45	5:59	4	3:48	20	3:57
Schlüsie	3.10	21:17	6:51	3	3:42	17	4:42	6.40	41:02	6:24	4	7:30	20	8:34
Hermannsklippe	2.60	19:26	7:28	5	4:01	22	4:51	9.00	1:00:28	6:43	4	11:31	21	13:25
Brocken	3.10	34:24	11:05	6	8:56	41	10:15	12.10	1:34:52	7:50	5	20:27	23	23:33
Eiserner Handwe	3.60	19:41	5:28	6	2:47	25	4:29	15.70	1:54:33	7:17	5	23:14	24	28:02
Schlüsie	4.10	18:45	4:34	6	2:43	28	3:39	19.80	2:13:18	6:43	5	25:57	25	31:41
Loddenke	3.10	15:59	5:09	5	3:27	40	3:52	22.90	2:29:17	6:31	6	29:24	29	35:33
Ilseburg/Markt	3.30	18:20	5:33	6	4:20	52	4:20	26.20	2:47:37	6:23	6	33:44	30	38:41