



49. Brockenlauf

Ilseburg / 07.09.2019

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Budde, Andrea

□□: Weste

□□: 90

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 2:49:59

□□: 9.18 km/h

□□□□: 6:29 min/km

□□□□□/□□□: 360 (of 581)

□□□□□/□: 33 (of 106)

□□□□□□: 2:08:56

□□□□□: 10(of 26)

□□□□□□□: 2:19:04

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:48	6:18	8	4:18	34	5:00	3.30	20:48	6:18	8	4:18	34	5:00	
Schlüsie	3.10	22:48	7:21	10	4:37	35	6:13	6.40	43:36	6:48	9	8:55	32	11:08	
Hermannsklippe	2.60	20:12	7:46	10	3:59	31	5:37	9.00	1:03:48	7:05	10	12:54	34	16:45	
Brocken	3.10	33:06	10:40	7	5:56	29	8:57	12.10	1:36:54	8:00	10	18:18	36	25:35	
Eiserner Handwe	3.60	19:23	5:23	7	3:24	23	4:11	15.70	1:56:17	7:24	10	21:42	33	29:46	
Schlüsie	4.10	20:02	4:53	11	3:36	44	4:56	19.80	2:16:19	6:53	10	25:18	33	34:42	
Loddenke	3.10	16:10	5:12	12	2:58	44	4:03	22.90	2:32:29	6:39	10	28:16	33	38:45	
Ilseburg/Markt	3.30	17:30	5:18	9	2:39	34	3:30	26.20	2:49:59	6:29	10	30:55	33	41:03	