



49. Brockenlauf

Ilseburg / 07.09.2019

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Kruppen-Müller, Sabine

□□: Trail-Runners Oberharz
 □□: 286

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W50 (50-54 Jahre)

□□□: 2:52:07

□□: 9.13 km/h
 □□□□: 6:34 min/km

□□□□□/□□□: 373 (of 581)

□□□□□/□: 35 (of 106)

□□□□□□: 2:08:56

□□□□□: 3(of 19)

□□□□□□□: 2:36:21

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:08	6:06	3	0:43	27	4:20	3.30	20:08	6:06	3	0:43	27	4:20
Schlüsie	3.10	23:30	7:34	6	2:49	48	6:55	6.40	43:38	6:49	4	2:39	33	11:10
Hermannsklippe	2.60	20:13	7:46	4	2:00	32	5:38	9.00	1:03:51	7:05	4	4:39	35	16:48
Brocken	3.10	36:08	11:39	7	6:55	57	11:59	12.10	1:39:59	8:15	5	9:48	42	28:40
Eiserner Handwe	3.60	20:02	5:33	4	1:34	32	4:50	15.70	2:00:01	7:38	5	10:56	38	33:30
Schlüsie	4.10	19:22	4:43	3	1:26	34	4:16	19.80	2:19:23	7:02	3	12:22	35	37:46
Loddenke	3.10	15:25	4:58	3	1:48	32	3:18	22.90	2:34:48	6:45	3	14:10	35	41:04
Ilseburg/Markt	3.30	17:19	5:14	3	1:36	30	3:19	26.20	2:52:07	6:34	3	15:46	35	43:11