



49. Brockenlauf

Ilseburg / 07.09.2019

□□□□

Wojciechowski, Cornelia

□□: SV Kyffhäuser

□□: 571

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W55 (55-59 Jahre)

□□□: 2:56:44

□□: 8.89 km/h

□□□□: 6:45 min/km

□□□□□/□□□: 408 (of 581)

□□□□□/□: 41 (of 106)

□□□□□□: 2:08:56

□□□□□: 4(of 11)

□□□□□□□: 2:12:06

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:15	6:26	5	3:29	41	5:27	3.30	21:15	6:26	5	3:29	41	5:27	
Schlüsie	3.10	23:03	7:26	4	5:49	39	6:28	6.40	44:18	6:55	4	9:18	41	11:50	
Hermannsklippe	2.60	20:25	7:51	3	5:08	34	5:50	9.00	1:04:43	7:11	4	14:26	39	17:40	
Brocken	3.10	32:54	10:36	4	8:45	27	8:45	12.10	1:37:37	8:04	4	23:11	37	26:18	
Eiserner Handwe	3.60	22:01	6:06	5	6:19	54	6:49	15.70	1:59:38	7:37	4	29:30	37	33:07	
Schlüsie	4.10	20:10	4:55	5	5:00	46	5:04	19.80	2:19:48	7:03	4	34:30	37	38:11	
Loddenke	3.10	16:51	5:26	5	4:13	56	4:44	22.90	2:36:39	6:50	4	38:43	39	42:55	
Ilseburg/Markt	3.30	20:05	6:05	7	5:55	76	6:05	26.20	2:56:44	6:44	4	44:38	41	47:48	