



# 49. Brockenlauf

Ilseburg / 07.09.2019

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Glodek, Viola

□□: Berlin

□□: 170

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W35 (35-39 Jahre)

□□□: 2:56:52

□□: 8.89 km/h

□□□□: 6:45 min/km

□□□□□/□□□: 410 (of 581)

□□□□□/□: 42 (of 106)

□□□□□□: 2:08:56

□□□□□: 6(of 11)

□□□□□□□: 2:08:56

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□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 21:27    | 6:30         | 6       | 5:34    | 45      | 5:39    | 3.30  | 21:27     | 6:30      | 6             | 5:34    | 45      | 5:39    |         |
| Schlüsie        | 3.10     | 22:17    | 7:11         | 5       | 5:42    | 28      | 5:42    | 6.40  | 43:44     | 6:49      | 6             | 11:16   | 35      | 11:16   |         |
| Hermannsklippe  | 2.60     | 21:31    | 8:16         | 7       | 6:56    | 50      | 6:56    | 9.00  | 1:05:15   | 7:15      | 6             | 18:12   | 43      | 18:12   |         |
| Brocken         | 3.10     | 35:08    | 11:19        | 6       | 10:52   | 50      | 10:59   | 12.10 | 1:40:23   | 8:17      | 6             | 29:04   | 46      | 29:04   |         |
| Eiserner Handwe | 3.60     | 22:17    | 6:11         | 7       | 7:05    | 55      | 7:05    | 15.70 | 2:02:40   | 7:48      | 6             | 36:09   | 45      | 36:09   |         |
| Schlüsie        | 4.10     | 20:16    | 4:56         | 7       | 5:10    | 47      | 5:10    | 19.80 | 2:22:56   | 7:13      | 6             | 41:19   | 44      | 41:19   |         |
| Loddenke        | 3.10     | 15:46    | 5:05         | 7       | 3:39    | 37      | 3:39    | 22.90 | 2:38:42   | 6:55      | 6             | 44:58   | 43      | 44:58   |         |
| Ilseburg/Markt  | 3.30     | 18:10    | 5:30         | 8       | 3:05    | 48      | 4:10    | 26.20 | 2:56:52   | 6:45      | 6             | 47:56   | 42      | 47:56   |         |