



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

□□: 8.82 km/h

□□□□: 6:45 min/km

□□□□□/□□□: 410 (of 581)

□□□□□/□: 42 (of 106)

□□□□□□: 2:08:56

□□□□□: 6(of 11)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
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	