



49. Brockenlauf

Ilseburg / 07.09.2019

□□□□

Paredes, Melanie

□□: Artiva
 □□: 596

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W35 (35-39 Jahre)

□□□: 2:57:27

□□: 8.86 km/h
 □□□□: 6:46 min/km

□□□□□/□□□: 414 (of 581)

□□□□□/□: 43 (of 106)

□□□□□□: 2:08:56

□□□□□: 7(of 11)

□□□□□□□: 2:08:56

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:10	6:43	7	6:17	54	6:22	3.30	22:10	6:43	7	6:17	54	6:22
Schlüsie	3.10	24:28	7:53	8	7:53	62	7:53	6.40	46:38	7:17	8	14:10	59	14:10
Hermannsklippe	2.60	22:02	8:28	8	7:27	57	7:27	9.00	1:08:40	7:37	8	21:37	59	21:37
Brocken	3.10	35:15	11:22	7	10:59	52	11:06	12.10	1:43:55	8:35	8	32:36	57	32:36
Eiserner Handwe	3.60	21:30	5:58	6	6:18	47	6:18	15.70	2:05:25	7:59	7	38:54	53	38:54
Schlüsie	4.10	19:46	4:49	6	4:40	39	4:40	19.80	2:25:11	7:19	7	43:34	48	43:34
Loddenke	3.10	15:04	4:51	4	2:57	27	2:57	22.90	2:40:15	6:59	7	46:31	45	46:31
Ilseburg/Markt	3.30	17:12	5:12	5	2:07	29	3:12	26.20	2:57:27	6:46	7	48:31	43	48:31