



49. Brockenlauf

Ilseburg / 07.09.2019

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Meinberg, Anke

□□: MTV Wolfenbüttel
 □□: 619

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W65 (65-69 Jahre)

□□□: 2:57:51

□□: 8.77 km/h
 □□□□: 6:47 min/km

□□□□□/□□□: 417 (of 581)

□□□□□/□: 44 (of 106)

□□□□□□: 2:08:56

□□□□□: 3(of 5)

□□□□□□□: 2:51:58

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	23:08	7:00	3	2:07	74	7:20	3.30	23:08	7:00	3	2:07	74	7:20	
Schlüsie	3.10	24:16	7:49	2	1:05	57	7:41	6.40	47:24	7:24	3	2:58	62	14:56	
Hermannsklippe	2.60	21:38	8:19	2	0:35	51	7:03	9.00	1:09:02	7:40	3	3:33	63	21:59	
Brocken	3.10	32:40	10:32	1	-	25	8:31	12.10	1:41:42	8:24	3	1:29	48	30:23	
Eiserner Handwe	3.60	20:59	5:49	4	1:17	44	5:47	15.70	2:02:41	7:48	3	1:55	46	36:10	
Schlüsie	4.10	19:12	4:40	1	-	31	4:06	19.80	2:21:53	7:09	3	1:17	42	40:16	
Loddenke	3.10	16:27	5:18	4	1:36	49	4:20	22.90	2:38:20	6:54	3	2:46	42	44:36	
Ilseburg/Markt	3.30	19:31	5:54	4	3:07	68	5:31	26.20	2:57:51	6:47	3	5:53	44	48:55	