



49. Brockenlauf

Ilseburg / 07.09.2019

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Gresch, Stephanie

□□: Aschersleben

□□: 174

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W40 (40-44 Jahre)

□□□: 2:58:40

□□: 8.73 km/h

□□□□: 6:49 min/km

□□□□□/□□□: 424 (of 581)

□□□□□/□: 45 (of 106)

□□□□□□: 2:08:56

□□□□□: 7(of 11)

□□□□□□□: 2:13:53

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:49	6:18	7	4:52	35	5:01	3.30	20:49	6:18	7	4:52	35	5:01
Schlüsie	3.10	23:15	7:30	7	5:40	45	6:40	6.40	44:04	6:53	7	10:32	39	11:36
Hermannsklippe	2.60	20:45	7:58	7	5:20	39	6:10	9.00	1:04:49	7:12	7	15:52	40	17:46
Brocken	3.10	34:48	11:13	7	9:20	46	10:39	12.10	1:39:37	8:13	7	25:12	40	28:18
Eiserner Handwe	3.60	21:55	6:05	8	5:01	52	6:43	15.70	2:01:32	7:44	7	30:13	43	35:01
Schlüsie	4.10	22:06	5:23	7	6:04	59	7:00	19.80	2:23:38	7:15	7	36:17	45	42:01
Loddenke	3.10	16:54	5:27	7	4:22	58	4:47	22.90	2:40:32	7:00	7	40:39	46	46:48
Ilseburg/Markt	3.30	18:08	5:29	5	4:08	47	4:08	26.20	2:58:40	6:49	7	44:47	45	49:44