



# 49. Brockenlauf

Ilseburg / 07.09.2019

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**Pérez, María José**

□□: Bremen

□□: 376

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 3:01:20

□□: 8.60 km/h

□□□□: 6:55 min/km

□□□□□/□□□: 438 (of 581)

□□□□□/□: 49 (of 106)

□□□□□□: 2:08:56

□□□□□: 11(of 26)

□□□□□□□: 2:19:04

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 21:47    | 6:36         | 11      | 5:17    | 49      | 5:59    | 3.30  | 21:47     | 6:36      | 11            | 5:17    | 49      | 5:59    |         |
| Schlüsie        | 3.10     | 22:55    | 7:23         | 11      | 4:44    | 36      | 6:20    | 6.40  | 44:42     | 6:59      | 11            | 10:01   | 44      | 12:14   |         |
| Hermannsklippe  | 2.60     | 20:42    | 7:57         | 11      | 4:29    | 38      | 6:07    | 9.00  | 1:05:24   | 7:16      | 11            | 14:30   | 44      | 18:21   |         |
| Brocken         | 3.10     | 34:49    | 11:13        | 13      | 7:39    | 47      | 10:40   | 12.10 | 1:40:13   | 8:16      | 11            | 21:37   | 43      | 28:54   |         |
| Eiserner Handwe | 3.60     | 21:36    | 6:00         | 11      | 5:37    | 48      | 6:24    | 15.70 | 2:01:49   | 7:45      | 11            | 27:14   | 44      | 35:18   |         |
| Schlüsie        | 4.10     | 22:04    | 5:22         | 14      | 5:38    | 57      | 6:58    | 19.80 | 2:23:53   | 7:16      | 11            | 32:52   | 46      | 42:16   |         |
| Loddenke        | 3.10     | 17:49    | 5:44         | 19      | 4:37    | 72      | 5:42    | 22.90 | 2:41:42   | 7:03      | 11            | 37:29   | 48      | 47:58   |         |
| Ilseburg/Markt  | 3.30     | 19:38    | 5:56         | 17      | 4:47    | 69      | 5:38    | 26.20 | 3:01:20   | 6:55      | 11            | 42:16   | 49      | 52:24   |         |