



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

□□: 8.67 km/h

□□□□: 6:55 min/km

□□□□□/□□□: 438 (of 581)

□□□□□/□: 49 (of 106)

□□□□□□: 2:08:56

□□□□□: 11(of 26)

□□□□□□□: 2:19:04

□□□□

□□□□

□□□

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