



49. Brockenlauf

Ilseburg / 07.09.2019

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Volkwein-Mogel, Jelena

□□: LGV Marathon Giessen
 □□: 529

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W35 (35-39 Jahre)

□□□: 3:01:49

□□: 8.58 km/h
 □□□□: 6:56 min/km

□□□□□/□□□: 442 (of 581)

□□□□□/□: 50 (of 106)

□□□□□□: 2:08:56

□□□□□: 8(of 11)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:44	6:53	8	6:51	66	6:56	3.30	22:44	6:53	8	6:51	66	6:56
Schlüsie	3.10	23:08	7:27	7	6:33	42	6:33	6.40	45:52	7:09	7	13:24	50	13:24
Hermannsklippe	2.60	20:26	7:51	5	5:51	35	5:51	9.00	1:06:18	7:21	7	19:15	46	19:15
Brocken	3.10	36:28	11:45	8	12:12	59	12:19	12.10	1:42:46	8:29	7	31:27	52	31:27
Eiserner Handwe	3.60	24:14	6:43	10	9:02	75	9:02	15.70	2:07:00	8:05	8	40:29	57	40:29
Schlüsie	4.10	21:37	5:16	9	6:31	54	6:31	19.80	2:28:37	7:30	8	47:00	57	47:00
Loddenke	3.10	16:04	5:10	8	3:57	43	3:57	22.90	2:44:41	7:11	8	50:57	54	50:57
Ilseburg/Markt	3.30	17:08	5:11	4	2:03	28	3:08	26.20	3:01:49	6:56	8	52:53	50	52:53