



49. Brockenlauf

Ilseburg / 07.09.2019

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Scharun, Kerstin

□□: TSV 1900 Königshütte

□□: 436

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W50 (50-54 Jahre)

□□□: 3:01:55

□□: 8.64 km/h

□□□□: 6:56 min/km

□□□□□/□□□: 445 (of 581)

□□□□□/□: 51 (of 106)

□□□□□□: 2:08:56

□□□□□: 6(of 19)

□□□□□□□: 2:36:21

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:25	5:53	1	-	17	3:37	3.30	19:25	5:53	1	-	17	3:37	
Schlüsie	3.10	22:55	7:23	5	2:14	36	6:20	6.40	42:20	6:36	3	1:21	28	9:52	
Hermannsklippe	2.60	22:30	8:39	10	4:17	63	7:55	9.00	1:04:50	7:12	6	5:38	41	17:47	
Brocken	3.10	39:02	12:35	15	9:49	81	14:53	12.10	1:43:52	8:35	8	13:41	56	32:33	
Eiserner Handwe	3.60	21:05	5:51	5	2:37	45	5:53	15.70	2:04:57	7:57	7	15:52	50	38:26	
Schlüsie	4.10	22:45	5:32	11	4:49	69	7:39	19.80	2:27:42	7:27	8	20:41	56	46:05	
Loddenke	3.10	16:25	5:17	4	2:48	48	4:18	22.90	2:44:07	7:10	7	23:29	53	50:23	
Ilseburg/Markt	3.30	17:48	5:23	4	2:05	40	3:48	26.20	3:01:55	6:56	6	25:34	51	52:59	