



49. Brockenlauf

Ilseburg / 07.09.2019

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Zylka, Kerstin

□□: Blankenfelde
□□: 583

□□: 26.20 km
26,2 km - Lauf

□□□□:
Seniorinnen W50 (50-54 Jahre)

□□□: 3:02:31

□□: 8.55 km/h
□□□□: 6:58 min/km

□□□□□/□□□: 450 (of 581)

□□□□□/□: 52 (of 106)

□□□□□□: 2:08:56

□□□□□: 7(of 19)

□□□□□□□: 2:36:21

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:14	6:44	10	2:49	57	6:26	3.30	22:14	6:44	10	2:49	57	6:26
Schlüsie	3.10	24:16	7:49	10	3:35	57	7:41	6.40	46:30	7:15	9	5:31	57	14:02
Hermannsklippe	2.60	21:19	8:11	7	3:06	49	6:44	9.00	1:07:49	7:32	8	8:37	54	20:46
Brocken	3.10	34:27	11:06	6	5:14	42	10:18	12.10	1:42:16	8:27	6	12:05	49	30:57
Eiserner Handwe	3.60	22:17	6:11	8	3:49	55	7:05	15.70	2:04:33	7:55	6	15:28	49	38:02
Schlüsie	4.10	22:42	5:32	10	4:46	68	7:36	19.80	2:27:15	7:26	6	20:14	49	45:38
Loddenke	3.10	16:43	5:23	7	3:06	54	4:36	22.90	2:43:58	7:09	6	23:20	52	50:14
Ilseburg/Markt	3.30	18:33	5:37	7	2:50	57	4:33	26.20	3:02:31	6:57	7	26:10	52	53:35