



49. Brockenlauf

Ilseburg / 07.09.2019

□□□□

Franke, Andrea

□□: Flying Stöckels de Luxe

□□: 148

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 3:02:50

□□: 8.60 km/h

□□□□: 6:59 min/km

□□□□□/□□□: 453 (of 581)

□□□□□/□: 53 (of 106)

□□□□□□: 2:08:56

□□□□□: 12(of 26)

□□□□□□□: 2:19:04

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□□□	□□ km	□□ □□	□□ min/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	24:32	7:54	16	6:21	63	7:57	6.40	46:19	7:14	13	11:38	55	13:51
Hermannsklippe	2.60	22:34	8:40	16	6:21	64	7:59	9.00	1:08:53	7:39	14	17:59	61	21:50
Brocken	3.10	38:18	12:21	18	11:08	73	14:09	12.10	1:47:11	8:51	16	28:35	64	35:52
Eiserner Handwe	3.60	21:54	6:04	12	5:55	51	6:42	15.70	2:09:05	8:13	16	34:30	65	42:34
Schlüsie	4.10	19:58	4:52	10	3:32	43	4:52	19.80	2:29:03	7:31	13	38:02	60	47:26
Loddenke	3.10	15:56	5:08	9	2:44	39	3:49	22.90	2:44:59	7:12	13	40:46	55	51:15
Ilseburg/Markt	3.30	17:51	5:24	10	3:00	41	3:51	26.20	3:02:50	6:58	12	43:46	53	53:54