



49. Brockenlauf

Ilseburg / 07.09.2019

□□□□

Buchmeier, Anja

□□: LLG Springe

□□: 87

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 3:03:34

□□: 8.50 km/h

□□□□: 7:01 min/km

□□□□□/□□□: 460 (of 581)

□□□□□/□: 55 (of 106)

□□□□□□: 2:08:56

□□□□□: 13(of 26)

□□□□□□□: 2:19:04

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 23:54 | 7:14 | 19 | 7:24 | 85 | 8:06 | 3.30 | 23:54 | 7:14 | 19 | 7:24 | 85 | 8:06 |
| Schlüsie | 3.10 | 24:15 | 7:49 | 15 | 6:04 | 56 | 7:40 | 6.40 | 48:09 | 7:31 | 16 | 13:28 | 67 | 15:41 |
| Hermannsklippe | 2.60 | 22:07 | 8:30 | 15 | 5:54 | 58 | 7:32 | 9.00 | 1:10:16 | 7:48 | 16 | 19:22 | 64 | 23:13 |
| Brocken | 3.10 | 36:07 | 11:39 | 15 | 8:57 | 56 | 11:58 | 12.10 | 1:46:23 | 8:47 | 15 | 27:47 | 63 | 35:04 |
| Eiserner Handwe | 3.60 | 22:41 | 6:18 | 13 | 6:42 | 60 | 7:29 | 15.70 | 2:09:04 | 8:13 | 15 | 34:29 | 64 | 42:33 |
| Schlüsie | 4.10 | 20:32 | 5:00 | 12 | 4:06 | 48 | 5:26 | 19.80 | 2:29:36 | 7:33 | 14 | 38:35 | 61 | 47:59 |
| Loddenke | 3.10 | 16:03 | 5:10 | 11 | 2:51 | 42 | 3:56 | 22.90 | 2:45:39 | 7:14 | 14 | 41:26 | 58 | 51:55 |
| Ilseburg/Markt | 3.30 | 17:55 | 5:25 | 11 | 3:04 | 42 | 3:55 | 26.20 | 3:03:34 | 7:00 | 13 | 44:30 | 55 | 54:38 |