



49. Brockenlauf

Ilseburg / 07.09.2019

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Wienstroer, Marie-Charlotte

□□: Sassenburg

□□: 561

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W30 (30-34 Jahre)

□□□: 3:03:53

□□: 8.55 km/h

□□□□: 7:01 min/km

□□□□□/□□□: 462 (of 581)

□□□□□/□: 56 (of 106)

□□□□□□: 2:08:56

□□□□□: 3(of 6)

□□□□□□□: 2:36:48

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Loddenke	3.30	22:47	6:54	3	5:01	68	6:59	3.30	22:47	6:54	3	5:01	68	6:59
Schlüsie	3.10	23:20	7:31	3	2:42	46	6:45	6.40	46:07	7:12	3	7:43	51	13:39
Hermannsklippe	2.60	21:09	8:08	3	2:56	46	6:34	9.00	1:07:16	7:28	3	10:06	51	20:13
Brocken	3.10	31:31	10:09	2	0:08	17	7:22	12.10	1:38:47	8:09	3	10:14	39	27:28
Eiserner Handwe	3.60	24:08	6:42	3	6:15	73	8:56	15.70	2:02:55	7:49	3	16:29	47	36:24
Schlüsie	4.10	24:43	6:01	5	7:06	86	9:37	19.80	2:27:38	7:27	3	23:35	55	46:01
Loddenke	3.10	18:20	5:54	4	4:40	77	6:13	22.90	2:45:58	7:14	3	26:43	60	52:14
Ilseburg/Markt	3.30	17:55	5:25	4	2:27	42	3:55	26.20	3:03:53	7:01	3	27:05	56	54:57