



49. Brockenlauf

Ilseburg / 07.09.2019

□□□□

Wienstroer, Antje

□□: Bokensdorf
□□: 560

□□: 26.20 km
26,2 km - Lauf

□□□□:
Seniorinnen W55 (55-59 Jahre)

□□□: 3:03:53

□□: 8.55 km/h
□□□□: 7:01 min/km

□□□□□/□□□: 463 (of 581)

□□□□□/□: 56 (of 106)

□□□□□□: 2:08:56

□□□□□: 6(of 11)

□□□□□□□: 2:12:06

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:31	6:49	6	4:45	62	6:43	3.30	22:31	6:49	6	4:45	62	6:43
Schlüsie	3.10	23:36	7:36	5	6:22	49	7:01	6.40	46:07	7:12	6	11:07	51	13:39
Hermannsklippe	2.60	21:08	8:07	5	5:51	45	6:33	9.00	1:07:15	7:28	5	16:58	50	20:12
Brocken	3.10	31:06	10:01	3	6:57	15	6:57	12.10	1:38:21	8:07	5	23:55	38	27:02
Eiserner Handwe	3.60	24:38	6:50	8	8:56	78	9:26	15.70	2:02:59	7:50	5	32:51	48	36:28
Schlüsie	4.10	24:36	6:00	9	9:26	85	9:30	19.80	2:27:35	7:27	6	42:17	54	45:58
Loddenke	3.10	17:37	5:40	7	4:59	70	5:30	22.90	2:45:12	7:12	6	47:16	56	51:28
Ilseburg/Markt	3.30	18:41	5:39	6	4:31	59	4:41	26.20	3:03:53	7:01	6	51:47	56	54:57