



49. Brockenlauf

Ilseburg / 07.09.2019

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Niehoff, Tanja

□□: Pingpank Running

□□: 362

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 3:04:04

□□: 8.54 km/h

□□□□: 7:02 min/km

□□□□□/□□□: 465 (of 581)

□□□□□/□: 58 (of 106)

□□□□□□: 2:08:56

□□□□□: 14(of 26)

□□□□□□□: 2:19:04

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	23:09	7:00	17	6:39	76	7:21	3.30	23:09	7:00	17	6:39	76	7:21
Schlüsie	3.10	23:54	7:42	13	5:43	53	7:19	6.40	47:03	7:21	14	12:22	61	14:35
Hermannsklippe	2.60	20:55	8:02	12	4:42	43	6:20	9.00	1:07:58	7:33	12	17:04	56	20:55
Brocken	3.10	34:44	11:12	12	7:34	43	10:35	12.10	1:42:42	8:29	13	24:06	51	31:23
Eiserner Handwe	3.60	22:43	6:18	14	6:44	61	7:31	15.70	2:05:25	7:59	12	30:50	53	38:54
Schlüsie	4.10	22:02	5:22	13	5:36	56	6:56	19.80	2:27:27	7:26	12	36:26	51	45:50
Loddenke	3.10	16:30	5:19	13	3:18	50	4:23	22.90	2:43:57	7:09	12	39:44	51	50:13
Ilseburg/Markt	3.30	20:07	6:05	18	5:16	77	6:07	26.20	3:04:04	7:01	14	45:00	58	55:08