



49. Brockenlauf

Ilseburg / 07.09.2019

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Schäfers, Anette

□□: Lauftreff Wewer
 □□: 431

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W65 (65-69 Jahre)

□□□: 3:04:20

□□: 8.53 km/h
 □□□□: 7:02 min/km

□□□□□/□□□: 467 (of 581)

□□□□□/□: 60 (of 106)

□□□□□□: 2:08:56

□□□□□: 4(of 5)

□□□□□□□: 2:51:58

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	23:48	7:12	4	2:47	83	8:00	3.30	23:48	7:12	4	2:47	83	8:00
Schlüsie	3.10	25:51	8:20	4	2:40	72	9:16	6.40	49:39	7:45	4	5:13	79	17:11
Hermannsklippe	2.60	22:35	8:41	4	1:32	65	8:00	9.00	1:12:14	8:01	4	6:45	75	25:11
Brocken	3.10	36:57	11:55	4	4:17	62	12:48	12.10	1:49:11	9:01	4	8:58	69	37:52
Eiserner Handwe	3.60	20:50	5:47	2	1:08	41	5:38	15.70	2:10:01	8:16	4	9:15	66	43:30
Schlüsie	4.10	20:56	5:06	4	1:44	52	5:50	19.80	2:30:57	7:37	4	10:21	63	49:20
Loddenke	3.10	15:49	5:06	3	0:58	38	3:42	22.90	2:46:46	7:16	4	11:12	61	53:02
Ilseburg/Markt	3.30	17:34	5:19	2	1:10	37	3:34	26.20	3:04:20	7:02	4	12:22	60	55:24