



49. Brockenlauf

Ilseburg / 07.09.2019

□□□□

Weber, Ute

□□: 620

□□: 26.20 km
26,2 km - Lauf

□□□□:
Seniorinnen W50 (50-54 Jahre)

□□□: 3:07:33

□□: 8.38 km/h
□□□□: 7:10 min/km

□□□□□/□□□: 482 (of 581)

□□□□□/□: 64 (of 106)

□□□□□□: 2:08:56

□□□□□: 10(of 19)

□□□□□□□: 2:36:21

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:38	6:51	14	3:13	65	6:50	3.30	22:38	6:51	14	3:13	65	6:50	
Schlüsie	3.10	23:53	7:42	8	3:12	51	7:18	6.40	46:31	7:16	10	5:32	58	14:03	
Hermannsklippe	2.60	21:18	8:11	6	3:05	48	6:43	9.00	1:07:49	7:32	8	8:37	54	20:46	
Brocken	3.10	37:47	12:11	10	8:34	68	13:38	12.10	1:45:36	8:43	10	15:25	61	34:17	
Eiserner Handwe	3.60	23:16	6:27	12	4:48	69	8:04	15.70	2:08:52	8:12	10	19:47	62	42:21	
Schlüsie	4.10	22:59	5:36	12	5:03	73	7:53	19.80	2:31:51	7:40	10	24:50	64	50:14	
Loddenke	3.10	17:06	5:30	8	3:29	59	4:59	22.90	2:48:57	7:22	10	28:19	64	55:13	
Ilseburg/Markt	3.30	18:36	5:38	8	2:53	58	4:36	26.20	3:07:33	7:09	10	31:12	64	58:37	