



# 49. Brockenlauf

Ilseburg / 07.09.2019

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**Donath, Claudia**

□□: SV 1916 Beuna  
 □□: 109

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Seniorinnen W45 (45-49 Jahre)

□□□: 3:08:34

□□: 8.34 km/h  
 □□□□: 7:12 min/km

□□□□□/□□□: 487 (of 581)

□□□□□/□: 66 (of 106)

□□□□□□: 2:08:56

□□□□□: 16(of 26)

□□□□□□□: 2:19:04

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:19	6:45	13	5:49	60	6:31	3.30	22:19	6:45	13	5:49	60	6:31
Schlüsie	3.10	23:58	7:43	14	5:47	54	7:23	6.40	46:17	7:13	12	11:36	53	13:49
Hermannsklippe	2.60	21:50	8:23	14	5:37	53	7:15	9.00	1:08:07	7:34	13	17:13	57	21:04
Brocken	3.10	35:17	11:22	14	8:07	53	11:08	12.10	1:43:24	8:32	14	24:48	54	32:05
Eiserner Handwe	3.60	24:34	6:49	16	8:35	76	9:22	15.70	2:07:58	8:09	14	33:23	60	41:27
Schlüsie	4.10	24:29	5:58	20	8:03	84	9:23	19.80	2:32:27	7:41	16	41:26	66	50:50
Loddenke	3.10	17:25	5:37	17	4:13	65	5:18	22.90	2:49:52	7:25	16	45:39	66	56:08
Ilseburg/Markt	3.30	18:42	5:40	15	3:51	60	4:42	26.20	3:08:34	7:11	16	49:30	66	59:38