



49. Brockenlauf Ilseburg / 07.09.2019

0000

Knoche, Conny

00: SV 1916 Beuna

00: 266

00: 26.20 km

26,2 km - Lauf

0000:

Seniorinnen W50 (50-54 Jahre)

000: 3:08:37

00: 8.33 km/h

0000: 7:12 min/km

00000/000: 488 (of 581)

00000/0: 67 (of 106)

000000: 2:08:56

00000: 11(of 19)

0000000: 2:36:21

0000

0000

000

000	00 km	00 min	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 min	000 min/km	00 -	00 -	00 0	00 0
Loddenke	3.30	22:20	6:46	12	2:55	61	6:32	3.30	22:20	6:46	12	2:55	61	6:32	
Schlüsle	3.10	23:58	7:43	9	3:17	54	7:23	6.40	46:18	7:14	8	5:19	54	13:50	
Hermannsklippe	2.60	21:51	8:24	8	3:38	54	7:16	9.00	1:08:09	7:34	10	8:57	58	21:06	
Brocken	3.10	37:00	11:56	9	7:47	63	12:51	12.10	1:45:09	8:41	9	14:58	60	33:50	
Eiserner Handwe	3.60	22:50	6:20	10	4:22	63	7:38	15.70	2:07:59	8:09	9	18:54	61	41:28	
Schlüsle	4.10	24:28	5:58	14	6:32	83	9:22	19.80	2:32:27	7:41	12	25:26	66	50:50	
Loddenke	3.10	17:26	5:37	10	3:49	67	5:19	22.90	2:49:53	7:25	11	29:15	67	56:09	
Ilseburg/Markt	3.30	18:44	5:40	9	3:01	61	4:44	26.20	3:08:37	7:11	11	32:16	67	59:41	