



49. Brockenlauf

Ilseburg / 07.09.2019

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Soyk, Dagmar

□□: Lauffeuer Buntekuh Lübeck
 □□: 485

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W55 (55-59 Jahre)

□□□: 3:13:56

□□: 8.04 km/h
 □□□□: 7:24 min/km

□□□□□/□□□: 498 (of 581)

□□□□□/□: 70 (of 106)

□□□□□□: 2:08:56

□□□□□: 7(of 11)

□□□□□□□: 2:12:06

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	24:32	7:26	9	6:46	88	8:44	3.30	24:32	7:26	9	6:46	88	8:44
Schlüsie	3.10	25:19	8:09	8	8:05	66	8:44	6.40	49:51	7:47	9	14:51	80	17:23
Hermannsklippe	2.60	22:22	8:36	7	7:05	61	7:47	9.00	1:12:13	8:01	8	21:56	74	25:10
Brocken	3.10	36:36	11:48	6	12:27	60	12:27	12.10	1:48:49	8:59	8	34:23	67	37:30
Eiserner Handwe	3.60	24:52	6:54	9	9:10	83	9:40	15.70	2:13:41	8:30	8	43:33	72	47:10
Schlüsie	4.10	24:23	5:56	7	9:13	81	9:17	19.80	2:38:04	7:58	8	52:46	73	56:27
Loddenke	3.10	17:24	5:36	6	4:46	63	5:17	22.90	2:55:28	7:39	8	57:32	72	1:01:44
Ilseburg/Markt	3.30	18:28	5:35	5	4:18	56	4:28	26.20	3:13:56	7:24	7	1:01:50	70	1:05:00