



49. Brockenlauf

Ilseburg / 07.09.2019

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Scherz, Yvonne

□□□: 3:14:44

□□: 438

□□: 8.01 km/h

□□□□: 7:26 min/km

□□: 26.20 km

□□□□□/□□□: 499 (of 581)

26,2 km - Lauf

□□□□□/□: 71 (of 106)

□□□□□□: 2:08:56

□□□□:

□□□□□: 13(of 19)

Seniorinnen W50 (50-54 Jahre)

□□□□□□□: 2:36:21

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□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:13	6:43	9	2:48	56	6:25	3.30	22:13	6:43	9	2:48	56	6:25	
Schlüsie	3.10	25:54	8:21	12	5:13	73	9:19	6.40	48:07	7:31	12	7:08	66	15:39	
Hermannsklippe	2.60	23:02	8:51	12	4:49	71	8:27	9.00	1:11:09	7:54	11	11:57	66	24:06	
Brocken	3.10	39:24	12:42	16	10:11	82	15:15	12.10	1:50:33	9:08	13	20:22	73	39:14	
Eiserner Handwe	3.60	23:05	6:24	11	4:37	67	7:53	15.70	2:13:38	8:30	13	24:33	71	47:07	
Schlüsie	4.10	22:25	5:28	8	4:29	65	7:19	19.80	2:36:03	7:52	13	29:02	70	54:26	
Loddenke	3.10	18:55	6:06	15	5:18	86	6:48	22.90	2:54:58	7:38	13	34:20	70	1:01:14	
Ilseburg/Markt	3.30	19:46	5:59	12	4:03	70	5:46	26.20	3:14:44	7:25	13	38:23	71	1:05:48	