



49. Brockenlauf

Ilseburg / 07.09.2019

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Morgenstern, Heidemarie

□□□: 3:15:28

□□: 346

□□: 8.04 km/h

□□□□: 7:28 min/km

□□: 26.20 km

□□□□□/□□□: 502 (of 581)

26,2 km - Lauf

□□□□□/□: 72 (of 106)

□□□□□□: 2:08:56

□□□□:

□□□□□: 8(of 11)

Seniorinnen W55 (55-59 Jahre)

□□□□□□□: 2:12:06

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	23:08	7:00	7	5:22	74	7:20	3.30	23:08	7:00	7	5:22	74	7:20	
Schlüsie	3.10	25:16	8:09	7	8:02	65	8:41	6.40	48:24	7:33	7	13:24	69	15:56	
Hermannsklippe	2.60	23:00	8:50	8	7:43	70	8:25	9.00	1:11:24	7:56	7	21:07	69	24:21	
Brocken	3.10	36:51	11:53	7	12:42	61	12:42	12.10	1:48:15	8:56	7	33:49	66	36:56	
Eiserner Handwe	3.60	23:39	6:34	7	7:57	71	8:27	15.70	2:11:54	8:24	7	41:46	70	45:23	
Schlüsie	4.10	24:27	5:57	8	9:17	82	9:21	19.80	2:36:21	7:53	7	51:03	71	54:44	
Loddenke	3.10	18:54	6:05	9	6:16	83	6:47	22.90	2:55:15	7:39	7	57:19	71	1:01:31	
Ilseburg/Markt	3.30	20:13	6:07	8	6:03	78	6:13	26.20	3:15:28	7:27	8	1:03:22	72	1:06:32	