



49. Brockenlauf

Ilseburg / 07.09.2019

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Schmidt, Katrin

□□: Ihleläufer Burg

□□: 450

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 3:15:41

□□: 8.03 km/h

□□□□: 7:28 min/km

□□□□□/□□□: 505 (of 581)

□□□□□/□: 74 (of 106)

□□□□□□: 2:08:56

□□□□□: 17(of 26)

□□□□□□□: 2:19:04

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:57	6:57	15	6:27	69	7:09	3.30	22:57	6:57	15	6:27	69	7:09
Schlüsie	3.10	27:06	8:44	22	8:55	90	10:31	6.40	50:03	7:49	19	15:22	83	17:35
Hermannsklippe	2.60	24:56	9:35	23	8:43	89	10:21	9.00	1:14:59	8:19	19	24:05	86	27:56
Brocken	3.10	38:41	12:28	19	11:31	76	14:32	12.10	1:53:40	9:23	20	35:04	84	42:21
Eiserner Handwe	3.60	24:46	6:52	19	8:47	81	9:34	15.70	2:18:26	8:49	19	43:51	81	51:55
Schlüsie	4.10	22:28	5:28	16	6:02	66	7:22	19.80	2:40:54	8:07	19	49:53	80	59:17
Loddenke	3.10	16:36	5:21	14	3:24	52	4:29	22.90	2:57:30	7:45	17	53:17	75	1:03:46
Ilseburg/Markt	3.30	18:11	5:30	12	3:20	50	4:11	26.20	3:15:41	7:28	17	56:37	74	1:06:45