



49. Brockenlauf

Ilseburg / 07.09.2019

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Bethke, Silke

□□: Cityrunner Berlin

□□: 62

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 3:16:01

□□: 8.02 km/h

□□□□: 7:29 min/km

□□□□□/□□□: 506 (of 581)

□□□□□/□: 75 (of 106)

□□□□□□: 2:08:56

□□□□□: 18(of 26)

□□□□□□□: 2:19:04

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:34	6:50	14	6:04	64	6:46	3.30	22:34	6:50	14	6:04	64	6:46
Schlüsie	3.10	25:42	8:17	17	7:31	70	9:07	6.40	48:16	7:32	17	13:35	68	15:48
Hermannsklippe	2.60	23:55	9:11	17	7:42	76	9:20	9.00	1:12:11	8:01	17	21:17	73	25:08
Brocken	3.10	40:16	12:59	20	13:06	88	16:07	12.10	1:52:27	9:17	18	33:51	79	41:08
Eiserner Handwe	3.60	24:45	6:52	18	8:46	80	9:33	15.70	2:17:12	8:44	18	42:37	79	50:41
Schlüsie	4.10	23:15	5:40	18	6:49	74	8:09	19.80	2:40:27	8:06	18	49:26	79	58:50
Loddenke	3.10	17:07	5:31	15	3:55	61	5:00	22.90	2:57:34	7:45	18	53:21	77	1:03:50
Ilseburg/Markt	3.30	18:27	5:35	14	3:36	55	4:27	26.20	3:16:01	7:28	18	56:57	75	1:07:05