



# 49. Brockenlauf

Ilseburg / 07.09.2019

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Reck, Michaela

□□: Artiva

□□: 399

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W35 (35-39 Jahre)

□□□: 3:16:26

□□: 8.00 km/h

□□□□: 7:30 min/km

□□□□□/□□□: 509 (of 581)

□□□□□/□: 76 (of 106)

□□□□□□: 2:08:56

□□□□□: 9(of 11)

□□□□□□□: 2:08:56

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	23:13	7:02	9	7:20	77	7:25	3.30	23:13	7:02	9	7:20	77	7:25
Schlüsie	3.10	25:14	8:08	9	8:39	64	8:39	6.40	48:27	7:34	9	15:59	70	15:59
Hermannsklippe	2.60	22:55	8:48	9	8:20	68	8:20	9.00	1:11:22	7:55	9	24:19	67	24:19
Brocken	3.10	39:59	12:53	9	15:43	87	15:50	12.10	1:51:21	9:12	9	40:02	75	40:02
Eiserner Handwe	3.60	22:53	6:21	8	7:41	64	7:41	15.70	2:14:14	8:32	9	47:43	73	47:43
Schlüsie	4.10	24:00	5:51	10	8:54	79	8:54	19.80	2:38:14	7:59	9	56:37	74	56:37
Loddenke	3.10	18:15	5:53	9	6:08	76	6:08	22.90	2:56:29	7:42	9	1:02:45	74	1:02:45
Ilseburg/Markt	3.30	19:57	6:02	10	4:52	74	5:57	26.20	3:16:26	7:29	9	1:07:30	76	1:07:30