



49. Brockenlauf

Ilseburg / 07.09.2019

□□□□

Stutzkowski, Elke

□□: Ski-Klub Wernigerode

□□: 11

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W55 (55-59 Jahre)

□□□: 3:16:42

□□: 7.93 km/h

□□□□: 7:31 min/km

□□□□□/□□□: 511 (of 581)

□□□□□/□: 77 (of 106)

□□□□□□: 2:08:56

□□□□□: 9(of 11)

□□□□□□□: 2:12:06

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	23:16	7:03	8	5:30	79	7:28	3.30	23:16	7:03	8	5:30	79	7:28
Schlüsie	3.10	26:19	8:29	9	9:05	78	9:44	6.40	49:35	7:44	8	14:35	77	17:07
Hermannsklippe	2.60	23:55	9:11	9	8:38	76	9:20	9.00	1:13:30	8:09	9	23:13	78	26:27
Brocken	3.10	39:26	12:43	9	15:17	83	15:17	12.10	1:52:56	9:20	9	38:30	81	41:37
Eiserner Handwe	3.60	23:08	6:25	6	7:26	68	7:56	15.70	2:16:04	8:39	9	45:56	76	49:33
Schlüsie	4.10	22:19	5:26	6	7:09	64	7:13	19.80	2:38:23	7:59	9	53:05	75	56:46
Loddenke	3.10	18:04	5:49	8	5:26	75	5:57	22.90	2:56:27	7:42	9	58:31	73	1:02:43
Ilseburg/Markt	3.30	20:15	6:08	9	6:05	80	6:15	26.20	3:16:42	7:30	9	1:04:36	77	1:07:46