



49. Brockenlauf

Ilseburg / 07.09.2019

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Brand, Nicole

□□: Pattensen
 □□: 79

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W30 (30-34 Jahre)

□□□: 3:16:46

□□: 7.93 km/h
 □□□□: 7:31 min/km

□□□□□/□□□: 512 (of 581)

□□□□□/□: 78 (of 106)

□□□□□□: 2:08:56

□□□□□: 4(of 6)

□□□□□□□: 2:36:48

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	25:10	7:37	6	7:24	100	9:22	3.30	25:10	7:37	6	7:24	100	9:22	
Schlüsie	3.10	27:01	8:42	5	6:23	88	10:26	6.40	52:11	8:09	5	13:47	93	19:43	
Hermannsklippe	2.60	22:53	8:48	4	4:40	67	8:18	9.00	1:15:04	8:20	4	17:54	88	28:01	
Brocken	3.10	37:00	11:56	4	5:37	63	12:51	12.10	1:52:04	9:15	4	23:31	76	40:45	
Eiserner Handwe	3.60	25:54	7:11	5	8:01	89	10:42	15.70	2:17:58	8:47	4	31:32	80	51:27	
Schlüsie	4.10	23:43	5:47	4	6:06	77	8:37	19.80	2:41:41	8:09	4	37:38	83	1:00:04	
Loddenke	3.10	17:33	5:39	3	3:53	68	5:26	22.90	2:59:14	7:49	4	39:59	81	1:05:30	
Ilseburg/Markt	3.30	17:32	5:18	2	2:04	35	3:32	26.20	3:16:46	7:30	4	39:58	78	1:07:50	