



49. Brockenlauf

Ilseburg / 07.09.2019

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Cordes, Christel

□□: LLG Springe

□□: 98

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 3:17:22

□□: 7.96 km/h

□□□□: 7:32 min/km

□□□□□/□□□: 514 (of 581)

□□□□□/□: 79 (of 106)

□□□□□□: 2:08:56

□□□□□: 19(of 26)

□□□□□□□: 2:19:04

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	24:34	7:26	21	8:04	90	8:46	3.30	24:34	7:26	21	8:04	90	8:46	
Schlüsie	3.10	26:28	8:32	19	8:17	83	9:53	6.40	51:02	7:58	21	16:21	86	18:34	
Hermannsklippe	2.60	24:03	9:15	18	7:50	78	9:28	9.00	1:15:05	8:20	21	24:11	89	28:02	
Brocken	3.10	37:29	12:05	16	10:19	67	13:20	12.10	1:52:34	9:18	19	33:58	80	41:15	
Eiserner Handwe	3.60	23:33	6:32	15	7:34	70	8:21	15.70	2:16:07	8:40	17	41:32	77	49:36	
Schlüsie	4.10	23:36	5:45	19	7:10	75	8:30	19.80	2:39:43	8:03	17	48:42	76	58:06	
Loddenke	3.10	18:21	5:55	20	5:09	79	6:14	22.90	2:58:04	7:46	19	53:51	79	1:04:20	
Ilseburg/Markt	3.30	19:18	5:50	16	4:27	66	5:18	26.20	3:17:22	7:31	19	58:18	79	1:08:26	