



49. Brockenlauf

Ilseburg / 07.09.2019

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Sundermeyer, Stefanie

□□: Flying Stöckels de Luxe

□□: 506

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W50 (50-54 Jahre)

□□□: 3:19:42

□□: 7.81 km/h

□□□□: 7:37 min/km

□□□□□/□□□: 522 (of 581)

□□□□□/□: 81 (of 106)

□□□□□□: 2:08:56

□□□□□: 15(of 19)

□□□□□□□: 2:36:21

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:09	6:42	8	2:44	53	6:21	3.30	22:09	6:42	8	2:44	53	6:21
Schlüsie	3.10	fehlt!	-	-	-	-	-	6.40	-	-	-	-	-	-
Hermannsklippe	2.60	51:26	19:46	19	33:13	106	36:51	9.00	1:13:35	8:10	15	14:23	80	26:32
Brocken	3.10	40:51	13:10	17	11:38	93	16:42	12.10	1:54:26	9:27	17	24:15	87	43:07
Eiserner Handwe	3.60	25:08	6:58	15	6:40	86	9:56	15.70	2:19:34	8:53	17	30:29	86	53:03
Schlüsie	4.10	23:48	5:48	13	5:52	78	8:42	19.80	2:43:22	8:15	15	36:21	86	1:01:45
Loddenke	3.10	17:25	5:37	9	3:48	65	5:18	22.90	3:00:47	7:53	15	40:09	85	1:07:03
Ilseburg/Markt	3.30	18:55	5:43	10	3:12	62	4:55	26.20	3:19:42	7:37	15	43:21	81	1:10:46