



49. Brockenlauf

Ilseburg / 07.09.2019

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Borowiak, Christina

□□□: 3:19:57

□□: 72

□□: 7.86 km/h

□□□□: 7:38 min/km

□□: 26.20 km

□□□□□/□□□: 523 (of 581)

26,2 km - Lauf

□□□□□/□: 82 (of 106)

□□□□□□: 2:08:56

□□□□:

□□□□□: 10(of 11)

Seniorinnen W35 (35-39 Jahre)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	23:15	7:02	10	7:22	78	7:27	3.30	23:15	7:02	10	7:22	78	7:27	
Schlüsie	3.10	26:21	8:30	10	9:46	79	9:46	6.40	49:36	7:45	10	17:08	78	17:08	
Hermannsklippe	2.60	24:58	9:36	10	10:23	90	10:23	9.00	1:14:34	8:17	10	27:31	83	27:31	
Brocken	3.10	43:15	13:57	10	18:59	100	19:06	12.10	1:57:49	9:44	10	46:30	92	46:30	
Eiserner Handwe	3.60	22:59	6:23	9	7:47	65	7:47	15.70	2:20:48	8:58	10	54:17	90	54:17	
Schlüsie	4.10	20:40	5:02	8	5:34	50	5:34	19.80	2:41:28	8:09	10	59:51	82	59:51	
Loddenke	3.10	18:40	6:01	10	6:33	82	6:33	22.90	3:00:08	7:51	10	1:06:24	83	1:06:24	
Ilseburg/Markt	3.30	19:49	6:00	9	4:44	72	5:49	26.20	3:19:57	7:37	10	1:11:01	82	1:11:01	