



49. Brockenlauf

Ilseburg / 07.09.2019

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Esser, Claudia

□□: Salzkotten
 □□: 134

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W45 (45-49 Jahre)

□□□: 3:20:23

□□: 7.84 km/h
 □□□□: 7:39 min/km

□□□□□/□□□: 524 (of 581)

□□□□□/□: 83 (of 106)

□□□□□□: 2:08:56

□□□□□: 20(of 26)

□□□□□□□: 2:19:04

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	24:23	7:23	20	7:53	86	8:35	3.30	24:23	7:23	20	7:53	86	8:35	
Schlüsie	3.10	26:37	8:35	20	8:26	84	10:02	6.40	51:00	7:58	20	16:19	85	18:32	
Hermannsklippe	2.60	24:03	9:15	18	7:50	78	9:28	9.00	1:15:03	8:20	20	24:09	87	28:00	
Brocken	3.10	40:28	13:03	21	13:18	89	16:19	12.10	1:55:31	9:32	21	36:55	88	44:12	
Eiserner Handwe	3.60	24:57	6:55	20	8:58	84	9:45	15.70	2:20:28	8:56	21	45:53	87	53:57	
Schlüsie	4.10	22:18	5:26	15	5:52	63	7:12	19.80	2:42:46	8:13	20	51:45	85	1:01:09	
Loddenke	3.10	17:24	5:36	16	4:12	63	5:17	22.90	3:00:10	7:52	20	55:57	84	1:06:26	
Ilseburg/Markt	3.30	20:13	6:07	19	5:22	78	6:13	26.20	3:20:23	7:38	20	1:01:19	83	1:11:27	