



49. Brockenlauf

Ilseburg / 07.09.2019

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Prey, Kristina

□□: Berlin
 □□: 389

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W30 (30-34 Jahre)

□□□: 3:23:08

□□: 7.74 km/h
 □□□□: 7:45 min/km

□□□□□/□□□: 529 (of 581)

□□□□□/□: 84 (of 106)

□□□□□□: 2:08:56

□□□□□: 5(of 6)

□□□□□□□: 2:36:48

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	25:00	7:34	5	7:14	98	9:12	3.30	25:00	7:34	5	7:14	98	9:12	
Schlüsie	3.10	26:18	8:29	4	5:40	77	9:43	6.40	51:18	8:00	4	12:54	87	18:50	
Hermannsklippe	2.60	25:14	9:42	5	7:01	91	10:39	9.00	1:16:32	8:30	5	19:22	93	29:29	
Brocken	3.10	39:00	12:34	5	7:37	80	14:51	12.10	1:55:32	9:32	5	26:59	89	44:13	
Eiserner Handwe	3.60	25:00	6:56	4	7:07	85	9:48	15.70	2:20:32	8:57	5	34:06	89	54:01	
Schlüsie	4.10	21:54	5:20	3	4:17	55	6:48	19.80	2:42:26	8:12	5	38:23	84	1:00:49	
Loddenke	3.10	18:54	6:05	5	5:14	83	6:47	22.90	3:01:20	7:55	5	42:05	86	1:07:36	
Ilseburg/Markt	3.30	21:48	6:36	5	6:20	88	7:48	26.20	3:23:08	7:45	5	46:20	84	1:14:12	