



# 49. Brockenlauf

Ilseburg / 07.09.2019

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**Damrau, Kim**

□□: Sabow

□□: 99

□□: 26.20 km

26,2 km - Lauf

□□□□:

Frauen (20-29 Jahre)

□□□: 3:23:30

□□: 7.67 km/h

□□□□: 7:46 min/km

□□□□□/□□□: 530 (of 581)

□□□□□/□: 85 (of 106)

□□□□□□: 2:08:56

□□□□□: 11(of 14)

□□□□□□□: 2:20:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	23:34	7:08	11	7:46	80	7:46	3.30	23:34	7:08	11	7:46	80	7:46	
Schlüsie	3.10	26:38	8:35	11	8:06	85	10:03	6.40	50:12	7:50	11	15:52	84	17:44	
Hermannsklippe	2.60	24:37	9:28	10	8:11	84	10:02	9.00	1:14:49	8:18	12	24:03	84	27:46	
Brocken	3.10	38:46	12:30	11	10:21	78	14:37	12.10	1:53:35	9:23	11	34:24	83	42:16	
Eiserner Handwe	3.60	26:54	7:28	13	11:00	96	11:42	15.70	2:20:29	8:56	12	45:24	88	53:58	
Schlüsie	4.10	25:54	6:19	13	9:31	92	10:48	19.80	2:46:23	8:24	13	54:55	90	1:04:46	
Loddenke	3.10	17:50	5:45	10	4:22	73	5:43	22.90	3:04:13	8:02	12	59:17	87	1:10:29	
Ilseburg/Markt	3.30	19:17	5:50	9	3:56	65	5:17	26.20	3:23:30	7:46	11	1:03:08	85	1:14:34	