



45. Brockenlauf

Ilseburg / 05.09.2015

□□□□

Wienstroer, Antje

□□: Team Erdinger Alkoholfrei
 □□: 380

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W50 (50-54 Jahre)

□□□: 2:44:32

□□: 9.48 km/h

□□□□□/□□□: 324 (of 532)

□□□□□/□: 28 (of 80)

□□□□□□: 2:06:25

□□□□□: 5(of 21)

□□□□□□□: 2:34:39

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:23	8.04	12	2:48	59	7:16	3.30	22:23	8.04	12	2:48	59	7:16
Schlüsie	3.10	22:25	8.03	7	1:33	36	5:18	6.40	44:48	8.04	10	4:21	46	12:34
Hermannsklippe	2.60	19:55	6.03	5	1:41	32	4:28	9.00	1:04:43	8.34	8	5:35	40	17:02
Brocken	3.10	30:57	5.82	5	1:33	23	6:09	12.10	1:35:40	7.53	5	6:44	31	23:11
Eiserner Handwe	3.60	18:50	9.56	3	0:41	24	3:55	15.70	1:54:30	7.86	5	7:16	29	27:06
Schlüsie	4.10	18:30	12.97	4	0:33	24	4:33	19.80	2:13:00	8.57	5	7:49	29	31:39
Loddenke	3.10	14:58	12.03	2	0:42	22	3:33	22.90	2:27:58	8.92	5	8:31	29	34:58
Ilseburg/Markt	3.30	16:34	10.87	7	1:22	31	3:24	26.20	2:44:32	9.48	5	9:53	28	38:07