



46. Brockenlauf

Ilseburg / 03.09.2016

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Prietz, Donata

□□: Berlin
 □□: 132

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W30 (30-34 Jahre)

□□□: 2:16:17

□□: 11.45 km/h
 □□□□: 5:12 min/km

□□□□□/□□□□: 55 (of 529)

□□□□□/□: 4 (of 82)

□□□□□□: 2:09:50

□□□□□: 1(of 5)

□□□□□□□: 2:16:17

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 16:37 | 5:02 | 1 | - | 3 | 1:19 | 3.30 | 16:37 | 5:02 | 1 | - | 3 | 1:19 | |
| Schlüsie | 3.10 | 19:25 | 6:15 | 1 | - | 5 | 1:18 | 6.40 | 36:02 | 5:37 | 1 | - | 4 | 2:30 | |
| Hermannsklippe | 2.60 | 16:29 | 6:20 | 1 | - | 4 | 0:46 | 9.00 | 52:31 | 5:50 | 1 | - | 4 | 3:16 | |
| Brocken | 3.10 | 27:38 | 8:54 | 2 | 0:26 | 7 | 2:11 | 12.10 | 1:20:09 | 6:37 | 1 | - | 5 | 5:27 | |
| Eiserner Handwe | 3.60 | 15:37 | 4:20 | 1 | - | 5 | 1:35 | 15.70 | 1:35:46 | 6:05 | 1 | - | 5 | 5:30 | |
| Schlüsie | 4.10 | 14:23 | 3:30 | 1 | - | 2 | 1:06 | 19.80 | 1:50:09 | 5:33 | 1 | - | 5 | 5:42 | |
| Loddenke | 3.10 | 12:10 | 3:55 | 1 | - | 2 | 0:26 | 22.90 | 2:02:19 | 5:20 | 1 | - | 4 | 6:08 | |
| Ilseburg/Markt | 3.30 | 13:58 | 4:13 | 1 | - | 2 | 0:19 | 26.20 | 2:16:17 | 5:12 | 1 | - | 4 | 6:27 | |