



46. Brockenlauf

Ilseburg / 03.09.2016

□□□□

Wehnert, Claudia

□□: Nord - Hamburg Winterhude
 □□: 261

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W35 (35-39 Jahre)

□□□: 2:32:35

□□: 10.22 km/h
 □□□□: 5:49 min/km

□□□□□/□□□□: 174 (of 529)

□□□□□/□: 10 (of 82)

□□□□□□: 2:09:50

□□□□□: 2(of 8)

□□□□□□□: 2:17:59

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 18:51 | 5:42 | 2 | 1:58 | 11 | 3:33 | 3.30 | 18:51 | 5:42 | 2 | 1:58 | 11 | 3:33 | |
| Schlüsie | 3.10 | 21:28 | 6:55 | 2 | 2:37 | 14 | 3:21 | 6.40 | 40:19 | 6:17 | 2 | 4:35 | 13 | 6:47 | |
| Hermannsklippe | 2.60 | 18:31 | 7:07 | 3 | 2:33 | 17 | 2:48 | 9.00 | 58:50 | 6:32 | 2 | 7:08 | 13 | 9:35 | |
| Brocken | 3.10 | 29:03 | 9:22 | 2 | 1:56 | 11 | 3:36 | 12.10 | 1:27:53 | 7:15 | 2 | 9:04 | 11 | 13:11 | |
| Eiserner Handwe | 3.60 | 17:25 | 4:50 | 2 | 2:17 | 9 | 3:23 | 15.70 | 1:45:18 | 6:42 | 2 | 11:21 | 10 | 15:02 | |
| Schlüsie | 4.10 | 17:04 | 4:09 | 3 | 2:01 | 11 | 3:47 | 19.80 | 2:02:22 | 6:10 | 2 | 13:22 | 10 | 17:55 | |
| Loddenke | 3.10 | 14:19 | 4:37 | 3 | 1:00 | 14 | 2:35 | 22.90 | 2:16:41 | 5:58 | 2 | 14:22 | 10 | 20:30 | |
| Ilseburg/Markt | 3.30 | 15:54 | 4:49 | 4 | 0:25 | 15 | 2:15 | 26.20 | 2:32:35 | 5:49 | 2 | 14:36 | 10 | 22:45 | |