



46. Brockenlauf

Ilseburg / 03.09.2016

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Wehmeier, Nicole

□□: Brockenlaufverein
 □□: 368

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W40 (40-44 Jahre)

□□□: 2:35:11

□□: 10.05 km/h
 □□□□: 5:55 min/km

□□□□□/□□□: 203 (of 529)

□□□□□/□: 12 (of 82)

□□□□□□: 2:09:50

□□□□□: 3(of 17)

□□□□□□□: 2:15:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	18:51	5:42	2	1:40	11	3:33	3.30	18:51	5:42	2	1:40	11	3:33	
Schlüsie	3.10	20:55	6:44	2	1:39	6	2:48	6.40	39:46	6:12	2	3:19	8	6:14	
Hermannsklippe	2.60	17:48	6:50	3	1:24	9	2:05	9.00	57:34	6:23	2	4:43	9	8:19	
Brocken	3.10	30:02	9:41	5	4:12	14	4:35	12.10	1:27:36	7:14	2	8:55	9	12:54	
Eiserner Handwe	3.60	17:48	4:56	4	2:42	15	3:46	15.70	1:45:24	6:42	3	11:37	11	15:08	
Schlüsie	4.10	17:29	4:15	3	2:42	12	4:12	19.80	2:02:53	6:12	3	14:19	11	18:26	
Loddenke	3.10	15:30	5:00	9	3:02	33	3:46	22.90	2:18:23	6:02	3	17:21	11	22:12	
Ilseburg/Markt	3.30	16:48	5:05	7	2:28	27	3:09	26.20	2:35:11	5:55	3	19:49	12	25:21	