



46. Brockenlauf

Ilseburg / 03.09.2016

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Berkath, Petra

□□: TV Jahn Walsrode
 □□: 540

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W40 (40-44 Jahre)

□□□: 2:37:53

□□: 9.88 km/h
 □□□□: 6:02 min/km

□□□□□/□□□: 220 (of 529)

□□□□□/□: 14 (of 82)

□□□□□□: 2:09:50

□□□□□: 5(of 17)

□□□□□□□: 2:15:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:02	5:46	3	1:51	16	3:44	3.30	19:02	5:46	3	1:51	16	3:44
Schlüsie	3.10	22:15	7:10	5	2:59	20	4:08	6.40	41:17	6:27	4	4:50	16	7:45
Hermannsklippe	2.60	18:37	7:09	5	2:13	18	2:54	9.00	59:54	6:39	4	7:03	18	10:39
Brocken	3.10	28:30	9:11	3	2:40	9	3:03	12.10	1:28:24	7:18	5	9:43	13	13:42
Eiserner Handwe	3.60	18:31	5:08	5	3:25	20	4:29	15.70	1:46:55	6:48	5	13:08	13	16:39
Schlüsie	4.10	19:09	4:40	9	4:22	34	5:52	19.80	2:06:04	6:22	5	17:30	15	21:37
Loddenke	3.10	15:18	4:56	7	2:50	27	3:34	22.90	2:21:22	6:10	5	20:20	16	25:11
Ilseburg/Markt	3.30	16:31	5:00	5	2:11	22	2:52	26.20	2:37:53	6:01	5	22:31	14	28:03