



46. Brockenlauf

Ilseburg / 03.09.2016

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Koch, Nadine

□□: FTSV Heckershausen
 □□: 229

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W35 (35-39 Jahre)

□□□: 2:38:29

□□: 9.84 km/h
 □□□□: 6:03 min/km

□□□□□/□□□: 229 (of 529)

□□□□□/□: 16 (of 82)

□□□□□□: 2:09:50

□□□□□: 4(of 8)

□□□□□□□: 2:17:59

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	18:57	5:44	3	2:04	15	3:39	3.30	18:57	5:44	3	2:04	15	3:39
Schlüsie	3.10	21:38	6:58	3	2:47	15	3:31	6.40	40:35	6:20	3	4:51	14	7:03
Hermannsklippe	2.60	18:40	7:10	4	2:42	19	2:57	9.00	59:15	6:34	3	7:33	15	10:00
Brocken	3.10	31:26	10:08	4	4:19	21	5:59	12.10	1:30:41	7:29	3	11:52	18	15:59
Eiserner Handwe	3.60	18:27	5:07	4	3:19	18	4:25	15.70	1:49:08	6:57	4	15:11	20	18:52
Schlüsie	4.10	18:31	4:30	4	3:28	29	5:14	19.80	2:07:39	6:26	4	18:39	20	23:12
Loddenke	3.10	14:33	4:41	4	1:14	18	2:49	22.90	2:22:12	6:12	4	19:53	19	26:01
Ilseburg/Markt	3.30	16:17	4:56	5	0:48	19	2:38	26.20	2:38:29	6:02	4	20:30	16	28:39