



46. Brockenlauf

Ilseburg / 03.09.2016

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Oltmann, Solvej

□□: Bjørnebanden

□□: 22

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W50 (50-54 Jahre)

□□□: 2:39:44

□□: 9.77 km/h

□□□□: 6:06 min/km

□□□□□/□□□□: 239 (of 529)

□□□□□/□: 20 (of 82)

□□□□□□: 2:09:50

□□□□□: 1(of 13)

□□□□□□□: 2:39:44

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:11	6:06	3	0:58	31	4:53	3.30	20:11	6:06	3	0:58	31	4:53	
Schlüsie	3.10	22:25	7:13	1	-	22	4:18	6.40	42:36	6:39	2	0:55	25	9:04	
Hermannsklippe	2.60	19:10	7:22	1	-	21	3:27	9.00	1:01:46	6:51	2	0:46	25	12:31	
Brocken	3.10	33:45	10:53	3	1:15	40	8:18	12.10	1:35:31	7:53	2	2:01	26	20:49	
Eiserner Handwe	3.60	17:26	4:50	1	-	10	3:24	15.70	1:52:57	7:11	2	0:09	25	22:41	
Schlüsie	4.10	16:03	3:54	1	-	7	2:46	19.80	2:09:00	6:30	1	-	22	24:33	
Loddenke	3.10	14:14	4:35	1	-	11	2:30	22.90	2:23:14	6:15	1	-	20	27:03	
Ilseburg/Markt	3.30	16:30	5:00	2	0:40	21	2:51	26.20	2:39:44	6:05	1	-	20	29:54	