



46. Brockenlauf

Ilseburg / 03.09.2016

□□□□

Kruppen-Müller, Sabine

□□: LAV 07 Bad Harzburg

□□: 167

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 2:40:47

□□: 9.70 km/h

□□□□: 6:08 min/km

□□□□□/□□□□: 252 (of 529)

□□□□□/□: 23 (of 82)

□□□□□□: 2:09:50

□□□□□: 6(of 16)

□□□□□□□: 2:27:30

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:14	5:49	4	1:21	18	3:56	3.30	19:14	5:49	4	1:21	18	3:56	
Schlüsie	3.10	22:26	7:14	5	1:31	23	4:19	6.40	41:40	6:30	5	2:47	19	8:08	
Hermannsklippe	2.60	19:19	7:25	5	2:02	25	3:36	9.00	1:00:59	6:46	5	4:23	21	11:44	
Brocken	3.10	32:26	10:27	6	5:10	26	6:59	12.10	1:33:25	7:43	5	9:33	21	18:43	
Eiserner Handwe	3.60	19:22	5:22	7	2:44	29	5:20	15.70	1:52:47	7:11	6	11:42	23	22:31	
Schlüsie	4.10	17:52	4:21	3	2:06	16	4:35	19.80	2:10:39	6:35	6	12:33	24	26:12	
Loddenke	3.10	14:18	4:36	3	0:46	13	2:34	22.90	2:24:57	6:19	6	13:13	24	28:46	
Ilseburg/Markt	3.30	15:50	4:47	4	0:29	13	2:11	26.20	2:40:47	6:08	6	13:17	23	30:57	