



46. Brockenlauf

Ilseburg / 03.09.2016

□□□□

Rohr, Angela

□□: TG Wehlheiden Kassel
 □□: 461

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W40 (40-44 Jahre)

□□□: 2:41:27

□□: 9.66 km/h
 □□□□: 6:10 min/km

□□□□□/□□□□: 254 (of 529)

□□□□□□/□: 25 (of 82)

□□□□□□: 2:09:50

□□□□□: 6(of 17)

□□□□□□□: 2:15:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:43	5:58	6	2:32	22	4:25	3.30	19:43	5:58	6	2:32	22	4:25
Schlüsie	3.10	22:07	7:08	4	2:51	18	4:00	6.40	41:50	6:32	5	5:23	21	8:18
Hermannsklippe	2.60	19:12	7:23	6	2:48	22	3:29	9.00	1:01:02	6:46	6	8:11	23	11:47
Brocken	3.10	33:10	10:41	8	7:20	36	7:43	12.10	1:34:12	7:47	6	15:31	24	19:30
Eiserner Handwe	3.60	17:29	4:51	3	2:23	11	3:27	15.70	1:51:41	7:06	6	17:54	21	21:25
Schlüsie	4.10	17:03	4:09	2	2:16	10	3:46	19.80	2:08:44	6:30	6	20:10	21	24:17
Loddenke	3.10	15:05	4:51	6	2:37	23	3:21	22.90	2:23:49	6:16	6	22:47	22	27:38
Ilseburg/Markt	3.30	17:38	5:20	10	3:18	41	3:59	26.20	2:41:27	6:09	6	26:05	25	31:37