



46. Brockenlauf

Ilseburg / 03.09.2016

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Kreibohm, Sabrina

□□: MTV Goslar
 □□: 318

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W35 (35-39 Jahre)

□□□: 2:46:40

□□: 9.36 km/h
 □□□□: 6:22 min/km

□□□□□/□□□: 301 (of 529)

□□□□□/□: 28 (of 82)

□□□□□□: 2:09:50

□□□□□: 5(of 8)

□□□□□□□: 2:17:59

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:11	6:06	5	3:18	31	4:53	3.30	20:11	6:06	5	3:18	31	4:53
Schlüsie	3.10	24:28	7:53	5	5:37	42	6:21	6.40	44:39	6:58	5	8:55	33	11:07
Hermannsklippe	2.60	19:53	7:38	5	3:55	31	4:10	9.00	1:04:32	7:10	5	12:50	31	15:17
Brocken	3.10	31:25	10:08	3	4:18	20	5:58	12.10	1:35:57	7:55	5	17:08	27	21:15
Eiserner Handwe	3.60	19:08	5:18	5	4:00	24	5:06	15.70	1:55:05	7:19	5	21:08	27	24:49
Schlüsie	4.10	19:11	4:40	5	4:08	35	5:54	19.80	2:14:16	6:46	5	25:16	27	29:49
Loddenke	3.10	15:19	4:56	6	2:00	28	3:35	22.90	2:29:35	6:31	5	27:16	28	33:24
Ilseburg/Markt	3.30	17:05	5:10	7	1:36	29	3:26	26.20	2:46:40	6:21	5	28:41	28	36:50