



46. Brockenlauf

Ilseburg / 03.09.2016

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Meinberg, Anke

□□: MTV Wolfenbüttel
 □□: 423

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W60 (60-64 Jahre)

□□□: 2:48:56

□□: 9.23 km/h
 □□□□: 6:27 min/km

□□□□□/□□□: 313 (of 529)

□□□□□/□: 30 (of 82)

□□□□□□: 2:09:50

□□□□□: 1(of 4)

□□□□□□□: 2:48:56

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:33	6:31	1	-	52	6:15	3.30	21:33	6:31	1	-	52	6:15
Schlüsie	3.10	24:39	7:57	1	-	46	6:32	6.40	46:12	7:13	1	-	50	12:40
Hermannsklippe	2.60	21:02	8:05	1	-	41	5:19	9.00	1:07:14	7:28	1	-	49	17:59
Brocken	3.10	31:18	10:05	1	-	19	5:51	12.10	1:38:32	8:08	1	-	36	23:50
Eiserner Handwe	3.60	18:28	5:07	1	-	19	4:26	15.70	1:57:00	7:27	1	-	30	26:44
Schlüsie	4.10	17:52	4:21	1	-	16	4:35	19.80	2:14:52	6:48	1	-	28	30:25
Loddenke	3.10	15:57	5:08	1	-	39	4:13	22.90	2:30:49	6:35	1	-	29	34:38
Ilseburg/Markt	3.30	18:07	5:29	1	-	44	4:28	26.20	2:48:56	6:26	1	-	30	39:06