



46. Brockenlauf

Ilseburg / 03.09.2016

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Grätsch, Liane

□□: SC DHfK Leipzig

□□: 202

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W30 (30-34 Jahre)

□□□: 2:50:00

□□: 9.18 km/h

□□□□: 6:29 min/km

□□□□□/□□□: 320 (of 529)

□□□□□/□: 32 (of 82)

□□□□□□: 2:09:50

□□□□□: 3(of 5)

□□□□□□□: 2:16:17

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:40	6:33	4	5:03	55	6:22	3.30	21:40	6:33	4	5:03	55	6:22
Schlüsie	3.10	24:07	7:46	3	4:42	32	6:00	6.40	45:47	7:09	3	9:45	46	12:15
Hermannsklippe	2.60	19:14	7:23	3	2:45	24	3:31	9.00	1:05:01	7:13	3	12:30	35	15:46
Brocken	3.10	33:31	10:48	3	6:19	38	8:04	12.10	1:38:32	8:08	3	18:23	36	23:50
Eiserner Handwe	3.60	20:20	5:38	3	4:43	39	6:18	15.70	1:58:52	7:34	3	23:06	38	28:36
Schlüsie	4.10	18:50	4:35	3	4:27	32	5:33	19.80	2:17:42	6:57	3	27:33	33	33:15
Loddenke	3.10	15:21	4:57	3	3:11	29	3:37	22.90	2:33:03	6:41	3	30:44	33	36:52
Ilseburg/Markt	3.30	16:57	5:08	3	2:59	28	3:18	26.20	2:50:00	6:29	3	33:43	32	40:10