



# 46. Brockenlauf

Ilseburg / 03.09.2016

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Extra-Harms, Eva

□□: VfL Stade

□□: 113

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W55 (55-59 Jahre)

□□□: 2:51:35

□□: 9.16 km/h

□□□□: 6:33 min/km

□□□□□/□□□: 335 (of 529)

□□□□□/□: 37 (of 82)

□□□□□□: 2:09:50

□□□□□: 3(of 7)

□□□□□□□: 2:49:30

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:28	6:12	1	-	36	5:10	3.30	20:28	6:12	1	-	36	5:10
Schlüsie	3.10	24:11	7:48	2	0:06	35	6:04	6.40	44:39	6:58	1	-	33	11:07
Hermannsklippe	2.60	20:38	7:56	3	1:26	38	4:55	9.00	1:05:17	7:15	3	1:02	38	16:02
Brocken	3.10	33:17	10:44	4	0:53	37	7:50	12.10	1:38:34	8:08	3	1:35	38	23:52
Eiserner Handwe	3.60	20:29	5:41	2	1:10	43	6:27	15.70	1:59:03	7:34	4	0:48	39	28:47
Schlüsie	4.10	19:37	4:47	2	1:12	39	6:20	19.80	2:18:40	7:00	2	2:00	37	34:13
Loddenke	3.10	15:26	4:58	2	0:11	30	3:42	22.90	2:34:06	6:43	2	1:49	35	37:55
Ilseburg/Markt	3.30	17:29	5:17	3	1:03	37	3:50	26.20	2:51:35	6:32	3	2:05	37	41:45