



46. Brockenlauf

Ilseburg / 03.09.2016

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Scharun, Kerstin

□□: Grundschule Paul Ernst
□□: 319

□□: 26.20 km
26,2 km - Lauf

□□□□:
Seniorinnen W50 (50-54 Jahre)

□□□: 2:52:33

□□: 9.04 km/h
□□□□: 6:35 min/km

□□□□□/□□□: 342 (of 529)

□□□□□/□: 38 (of 82)

□□□□□□: 2:09:50

□□□□□: 3(of 13)

□□□□□□□: 2:39:44

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:29	6:12	4	1:16	38	5:11	3.30	20:29	6:12	4	1:16	38	5:11
Schlüsie	3.10	24:11	7:48	4	1:46	35	6:04	6.40	44:40	6:58	4	2:59	35	11:08
Hermannsklippe	2.60	20:19	7:48	3	1:09	35	4:36	9.00	1:04:59	7:13	3	3:59	34	15:44
Brocken	3.10	33:08	10:41	2	0:38	35	7:41	12.10	1:38:07	8:06	3	4:37	34	23:25
Eiserner Handwe	3.60	20:26	5:40	4	3:00	42	6:24	15.70	1:58:33	7:33	3	5:45	35	28:17
Schlüsie	4.10	20:19	4:57	5	4:16	44	7:02	19.80	2:18:52	7:00	3	9:52	38	34:25
Loddenke	3.10	16:32	5:20	6	2:18	50	4:48	22.90	2:35:24	6:47	3	12:10	40	39:13
Ilseburg/Markt	3.30	17:09	5:11	3	1:19	31	3:30	26.20	2:52:33	6:35	3	12:49	38	42:43