



46. Brockenlauf

Ilseburg / 03.09.2016

□□□□

Mota, Kathrin

□□: TSG GutsMuths Qlb

□□: 482

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 2:53:15

□□: 9.00 km/h

□□□□: 6:37 min/km

□□□□□/□□□: 348 (of 529)

□□□□□/□: 39 (of 82)

□□□□□□: 2:09:50

□□□□□: 8(of 16)

□□□□□□□: 2:27:30

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:10	6:06	8	2:17	30	4:52	3.30	20:10	6:06	8	2:17	30	4:52
Schlüsie	3.10	24:24	7:52	10	3:29	41	6:17	6.40	44:34	6:57	8	5:41	32	11:02
Hermannsklippe	2.60	20:29	7:52	9	3:12	36	4:46	9.00	1:05:03	7:13	8	8:27	36	15:48
Brocken	3.10	32:54	10:36	8	5:38	33	7:27	12.10	1:37:57	8:05	8	14:05	33	23:15
Eiserner Handwe	3.60	20:16	5:37	10	3:38	38	6:14	15.70	1:58:13	7:31	8	17:08	32	27:57
Schlüsie	4.10	19:36	4:46	8	3:50	38	6:19	19.80	2:17:49	6:57	8	19:43	34	33:22
Loddenke	3.10	16:46	5:24	11	3:14	53	5:02	22.90	2:34:35	6:45	8	22:51	36	38:24
Ilseburg/Markt	3.30	18:40	5:39	11	3:19	52	5:01	26.20	2:53:15	6:36	8	25:45	39	43:25