



46. Brockenlauf

Ilseburg / 03.09.2016

□□□□

Schnaars, Bärbel

□□: Achim

□□: 583

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 2:53:22

□□: 9.00 km/h

□□□□: 6:37 min/km

□□□□□/□□□: 349 (of 529)

□□□□□/□: 40 (of 82)

□□□□□□: 2:09:50

□□□□□: 9(of 16)

□□□□□□□: 2:27:30

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:48	6:00	6	1:55	24	4:30	3.30	19:48	6:00	6	1:55	24	4:30	
Schlüsie	3.10	24:09	7:47	7	3:14	33	6:02	6.40	43:57	6:52	7	5:04	31	10:25	
Hermannsklippe	2.60	21:25	8:14	12	4:08	47	5:42	9.00	1:05:22	7:15	9	8:46	39	16:07	
Brocken	3.10	35:03	11:18	11	7:47	43	9:36	12.10	1:40:25	8:17	10	16:33	43	25:43	
Eiserner Handwe	3.60	19:20	5:22	6	2:42	28	5:18	15.70	1:59:45	7:37	9	18:40	41	29:29	
Schlüsie	4.10	18:30	4:30	6	2:44	28	5:13	19.80	2:18:15	6:58	9	20:09	36	33:48	
Loddenke	3.10	16:50	5:25	12	3:18	54	5:06	22.90	2:35:05	6:46	9	23:21	37	38:54	
Ilseburg/Markt	3.30	18:17	5:32	9	2:56	48	4:38	26.20	2:53:22	6:37	9	25:52	40	43:32	