



46. Brockenlauf

Ilseburg / 03.09.2016

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Sander, Tamara

□□: Dasseler SC

□□: 337

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W40 (40-44 Jahre)

□□□: 2:54:13

□□: 8.95 km/h

□□□□: 6:39 min/km

□□□□□/□□□: 355 (of 529)

□□□□□/□: 41 (of 82)

□□□□□□: 2:09:50

□□□□□: 9(of 17)

□□□□□□□: 2:15:22

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□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:30	6:30	12	4:19	50	6:12	3.30	21:30	6:30	12	4:19	50	6:12
Schlüsie	3.10	24:14	7:49	10	4:58	37	6:07	6.40	45:44	7:08	12	9:17	45	12:12
Hermannsklippe	2.60	21:15	8:10	10	4:51	44	5:32	9.00	1:06:59	7:26	12	14:08	48	17:44
Brocken	3.10	34:49	11:13	9	8:59	42	9:22	12.10	1:41:48	8:24	10	23:07	46	27:06
Eiserner Handwe	3.60	19:40	5:27	9	4:34	34	5:38	15.70	2:01:28	7:44	10	27:41	45	31:12
Schlüsie	4.10	18:40	4:33	8	3:53	31	5:23	19.80	2:20:08	7:04	9	31:34	40	35:41
Loddenke	3.10	15:53	5:07	10	3:25	38	4:09	22.90	2:36:01	6:48	9	34:59	41	39:50
Ilseburg/Markt	3.30	18:12	5:30	11	3:52	46	4:33	26.20	2:54:13	6:38	9	38:51	41	44:23