



46. Brockenlauf

Ilseburg / 03.09.2016

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Seiler, Manuela

□□: Herzogenbuchsee

□□: 23

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 2:55:06

□□: 8.98 km/h

□□□□: 6:41 min/km

□□□□□/□□□: 366 (of 529)

□□□□□/□: 42 (of 82)

□□□□□□: 2:09:50

□□□□□: 10(of 16)

□□□□□□□: 2:27:30

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:46	6:35	12	3:53	59	6:28	3.30	21:46	6:35	12	3:53	59	6:28	
Schlüsie	3.10	24:20	7:50	9	3:25	39	6:13	6.40	46:06	7:12	12	7:13	49	12:34	
Hermannsklippe	2.60	19:39	7:33	7	2:22	28	3:56	9.00	1:05:45	7:18	10	9:09	41	16:30	
Brocken	3.10	33:32	10:49	9	6:16	39	8:05	12.10	1:39:17	8:12	9	15:25	41	24:35	
Eiserner Handwe	3.60	20:30	5:41	11	3:52	44	6:28	15.70	1:59:47	7:37	10	18:42	42	29:31	
Schlüsie	4.10	20:51	5:05	11	5:05	49	7:34	19.80	2:20:38	7:06	10	22:32	44	36:11	
Loddenke	3.10	16:09	5:12	9	2:37	45	4:25	22.90	2:36:47	6:50	10	25:03	43	40:36	
Ilseburg/Markt	3.30	18:19	5:33	10	2:58	49	4:40	26.20	2:55:06	6:40	10	27:36	42	45:16	