



46. Brockenlauf

Ilseburg / 03.09.2016

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Zierdt, Iris

□□: LAV 07 Bad Harzburg
 □□: 206

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W40 (40-44 Jahre)

□□□: 2:56:34

□□: 8.84 km/h
 □□□□: 6:44 min/km

□□□□□/□□□□: 376 (of 529)

□□□□□/□: 45 (of 82)

□□□□□□: 2:09:50

□□□□□: 11(of 17)

□□□□□□□: 2:15:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:33	5:55	5	2:22	20	4:15	3.30	19:33	5:55	5	2:22	20	4:15
Schlüsie	3.10	23:59	7:44	9	4:43	30	5:52	6.40	43:32	6:48	8	7:05	28	10:00
Hermannsklippe	2.60	21:08	8:07	9	4:44	43	5:25	9.00	1:04:40	7:11	9	11:49	32	15:25
Brocken	3.10	35:20	11:23	12	9:30	48	9:53	12.10	1:40:00	8:15	9	21:19	42	25:18
Eiserner Handwe	3.60	20:49	5:46	12	5:43	46	6:47	15.70	2:00:49	7:41	9	27:02	44	30:33
Schlüsie	4.10	19:28	4:44	11	4:41	37	6:11	19.80	2:20:17	7:05	10	31:43	41	35:50
Loddenke	3.10	16:03	5:10	13	3:35	43	4:19	22.90	2:36:20	6:49	10	35:18	42	40:09
Ilseburg/Markt	3.30	20:14	6:07	15	5:54	61	6:35	26.20	2:56:34	6:44	11	41:12	45	46:44