



# 46. Brockenlauf

Ilseburg / 03.09.2016

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**Steffen, Sandra**

□□: Rostock  
 □□: 89

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Seniorinnen W40 (40-44 Jahre)

□□□: 2:57:20

□□: 8.80 km/h  
 □□□□: 6:46 min/km

□□□□□/□□□: 383 (of 529)

□□□□□/□: 47 (of 82)

□□□□□□: 2:09:50

□□□□□: 12(of 17)

□□□□□□□: 2:15:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:46	6:17	11	3:35	43	5:28	3.30	20:46	6:17	11	3:35	43	5:28	
Schlüsie	3.10	24:38	7:56	11	5:22	45	6:31	6.40	45:24	7:05	11	8:57	44	11:52	
Hermannsklippe	2.60	21:29	8:15	12	5:05	48	5:46	9.00	1:06:53	7:25	11	14:02	47	17:38	
Brocken	3.10	35:12	11:21	10	9:22	46	9:45	12.10	1:42:05	8:26	11	23:24	47	27:23	
Eiserner Handwe	3.60	19:58	5:32	10	4:52	37	5:56	15.70	2:02:03	7:46	11	28:16	46	31:47	
Schlüsie	4.10	20:25	4:58	12	5:38	45	7:08	19.80	2:22:28	7:11	11	33:54	47	38:01	
Loddenke	3.10	16:01	5:09	11	3:33	40	4:17	22.90	2:38:29	6:55	11	37:27	45	42:18	
Ilseburg/Markt	3.30	18:51	5:42	12	4:31	53	5:12	26.20	2:57:20	6:46	12	41:58	47	47:30	