



# 46. Brockenlauf

Ilseburg / 03.09.2016

□□□□

Gauert, Nasira

□□: Hardtseemafia Triathlon

□□: 118

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W50 (50-54 Jahre)

□□□: 2:57:23

□□: 8.79 km/h

□□□□: 6:46 min/km

□□□□□/□□□: 384 (of 529)

□□□□□/□: 48 (of 82)

□□□□□□: 2:09:50

□□□□□: 5(of 13)

□□□□□□□: 2:39:44

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:36	6:14	5	1:23	42	5:18	3.30	20:36	6:14	5	1:23	42	5:18	
Schlüsie	3.10	25:50	8:19	6	3:25	54	7:43	6.40	46:26	7:15	5	4:45	51	12:54	
Hermannsklippe	2.60	22:31	8:39	5	3:21	54	6:48	9.00	1:08:57	7:39	5	7:57	51	19:42	
Brocken	3.10	37:41	12:09	9	5:11	64	12:14	12.10	1:46:38	8:48	5	13:08	54	31:56	
Eiserner Handwe	3.60	19:36	5:26	3	2:10	33	5:34	15.70	2:06:14	8:02	5	13:26	50	35:58	
Schlüsie	4.10	17:59	4:23	3	1:56	20	4:42	19.80	2:24:13	7:17	5	15:13	49	39:46	
Loddenke	3.10	15:36	5:01	3	1:22	35	3:52	22.90	2:39:49	6:58	5	16:35	49	43:38	
Ilseburg/Markt	3.30	17:34	5:19	4	1:44	39	3:55	26.20	2:57:23	6:46	5	17:39	48	47:33	