



46. Brockenlauf

Ilseburg / 03.09.2016

□□□□

Arnhold, Petra

□□: Rennsteiglaufverein

□□: 336

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W55 (55-59 Jahre)

□□□: 2:59:03

□□: 8.71 km/h

□□□□: 6:50 min/km

□□□□□/□□□: 395 (of 529)

□□□□□/□: 49 (of 82)

□□□□□□: 2:09:50

□□□□□: 4(of 7)

□□□□□□□: 2:49:30

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 20:30 | 6:12 | 2 | 0:02 | 40 | 5:12 | 3.30 | 20:30 | 6:12 | 2 | 0:02 | 40 | 5:12 |
| Schlüsie | 3.10 | 24:33 | 7:55 | 4 | 0:28 | 43 | 6:26 | 6.40 | 45:03 | 7:02 | 3 | 0:24 | 39 | 11:31 |
| Hermannsklippe | 2.60 | 19:12 | 7:23 | 1 | - | 22 | 3:29 | 9.00 | 1:04:15 | 7:08 | 1 | - | 29 | 15:00 |
| Brocken | 3.10 | 32:44 | 10:33 | 2 | 0:20 | 30 | 7:17 | 12.10 | 1:36:59 | 8:00 | 1 | - | 30 | 22:17 |
| Eiserner Handwe | 3.60 | 21:44 | 6:02 | 5 | 2:25 | 56 | 7:42 | 15.70 | 1:58:43 | 7:33 | 3 | 0:28 | 37 | 28:27 |
| Schlüsie | 4.10 | 21:49 | 5:19 | 4 | 3:24 | 52 | 8:32 | 19.80 | 2:20:32 | 7:05 | 4 | 3:52 | 43 | 36:05 |
| Loddenke | 3.10 | 18:05 | 5:49 | 6 | 2:50 | 62 | 6:21 | 22.90 | 2:38:37 | 6:55 | 4 | 6:20 | 47 | 42:26 |
| Ilseburg/Markt | 3.30 | 20:26 | 6:11 | 5 | 4:00 | 63 | 6:47 | 26.20 | 2:59:03 | 6:50 | 4 | 9:33 | 49 | 49:13 |