



46. Brockenlauf

Ilseburg / 03.09.2016

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Stutzkowski, Elke

□□: Blankenburg

□□: 468

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W50 (50-54 Jahre)

□□□: 3:06:27

□□: 8.37 km/h

□□□□: 7:07 min/km

□□□□□/□□□: 425 (of 529)

□□□□□/□: 55 (of 82)

□□□□□□: 2:09:50

□□□□□: 6(of 13)

□□□□□□□: 2:39:44

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:41	6:34	6	2:28	56	6:23	3.30	21:41	6:34	6	2:28	56	6:23
Schlüsie	3.10	26:29	8:32	8	4:04	60	8:22	6.40	48:10	7:31	7	6:29	56	14:38
Hermannsklippe	2.60	23:00	8:50	6	3:50	56	7:17	9.00	1:11:10	7:54	6	10:10	57	21:55
Brocken	3.10	36:33	11:47	6	4:03	55	11:06	12.10	1:47:43	8:54	6	14:13	57	33:01
Eiserner Handwe	3.60	21:10	5:52	7	3:44	53	7:08	15.70	2:08:53	8:12	6	16:05	55	38:37
Schlüsie	4.10	21:53	5:20	7	5:50	53	8:36	19.80	2:30:46	7:36	6	21:46	55	46:19
Loddenke	3.10	17:06	5:30	7	2:52	55	5:22	22.90	2:47:52	7:19	6	24:38	55	51:41
Ilseburg/Markt	3.30	18:35	5:37	8	2:45	51	4:56	26.20	3:06:27	7:06	6	26:43	55	56:37