



46. Brockenlauf

Ilseburg / 03.09.2016

□□□□

Schwendke, Renate

□□: Dasseler SC

□□: 460

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W50 (50-54 Jahre)

□□□: 3:06:27

□□: 8.37 km/h

□□□□: 7:07 min/km

□□□□□/□□□: 426 (of 529)

□□□□□/□: 55 (of 82)

□□□□□□: 2:09:50

□□□□□: 6(of 13)

□□□□□□□: 2:39:44

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:42	6:34	7	2:29	58	6:24	3.30	21:42	6:34	7	2:29	58	6:24	
Schlüsie	3.10	25:34	8:14	5	3:09	51	7:27	6.40	47:16	7:23	6	5:35	52	13:44	
Hermannsklippe	2.60	23:54	9:11	10	4:44	67	8:11	9.00	1:11:10	7:54	6	10:10	57	21:55	
Brocken	3.10	39:42	12:48	10	7:12	68	14:15	12.10	1:50:52	9:09	10	17:22	63	36:10	
Eiserner Handwe	3.60	20:56	5:48	5	3:30	49	6:54	15.70	2:11:48	8:23	7	19:00	58	41:32	
Schlüsie	4.10	20:25	4:58	6	4:22	45	7:08	19.80	2:32:13	7:41	7	23:13	56	47:46	
Loddenke	3.10	16:20	5:16	5	2:06	48	4:36	22.90	2:48:33	7:21	7	25:19	56	52:22	
Ilseburg/Markt	3.30	17:54	5:25	6	2:04	43	4:15	26.20	3:06:27	7:06	6	26:43	55	56:37	