



46. Brockenlauf

Ilseburg / 03.09.2016

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Dr.Reich, Steffi

□□: Blau Weiß Hettstedt
 □□: 195

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W50 (50-54 Jahre)

□□□: 3:10:17

□□: 8.20 km/h
 □□□□: 7:16 min/km

□□□□□/□□□: 443 (of 529)

□□□□□/□: 58 (of 82)

□□□□□□: 2:09:50

□□□□□: 8(of 13)

□□□□□□□: 2:39:44

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:46	6:53	10	3:33	67	7:28	3.30	22:46	6:53	10	3:33	67	7:28
Schlüsie	3.10	25:58	8:22	7	3:33	55	7:51	6.40	48:44	7:36	8	7:03	60	15:12
Hermannsklippe	2.60	23:11	8:54	8	4:01	61	7:28	9.00	1:11:55	7:59	8	10:55	61	22:40
Brocken	3.10	36:54	11:54	7	4:24	56	11:27	12.10	1:48:49	8:59	7	15:19	58	34:07
Eiserner Handwe	3.60	24:13	6:43	10	6:47	64	10:11	15.70	2:13:02	8:28	8	20:14	60	42:46
Schlüsie	4.10	22:19	5:26	9	6:16	61	9:02	19.80	2:35:21	7:50	8	26:21	60	50:54
Loddenke	3.10	17:14	5:33	8	3:00	56	5:30	22.90	2:52:35	7:32	8	29:21	59	56:24
Ilseburg/Markt	3.30	17:42	5:21	5	1:52	42	4:03	26.20	3:10:17	7:15	8	30:33	58	1:00:27