



46. Brockenlauf

Ilseburg / 03.09.2016

□□□□

Gloede, Martina

□□: Sv angern

□□: 561

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W35 (35-39 Jahre)

□□□: 3:10:58

□□: 8.17 km/h

□□□□: 7:17 min/km

□□□□□/□□□: 445 (of 529)

□□□□□/□: 59 (of 82)

□□□□□□: 2:09:50

□□□□□: 8(of 8)

□□□□□□□: 2:17:59

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:11	6:25	7	4:18	47	5:53	3.30	21:11	6:25	7	4:18	47	5:53	
Schlüsie	3.10	26:53	8:40	8	8:02	63	8:46	6.40	48:04	7:30	7	12:20	54	14:32	
Hermannsklippe	2.60	22:47	8:45	8	6:49	55	7:04	9.00	1:10:51	7:52	8	19:09	55	21:36	
Brocken	3.10	35:52	11:34	8	8:45	51	10:25	12.10	1:46:43	8:49	8	27:54	55	32:01	
Eiserner Handwe	3.60	23:34	6:32	7	8:26	61	9:32	15.70	2:10:17	8:17	8	36:20	57	40:01	
Schlüsie	4.10	24:12	5:54	8	9:09	70	10:55	19.80	2:34:29	7:48	8	45:29	58	50:02	
Loddenke	3.10	17:38	5:41	8	4:19	59	5:54	22.90	2:52:07	7:30	8	49:48	58	55:56	
Ilseburg/Markt	3.30	18:51	5:42	8	3:22	53	5:12	26.20	3:10:58	7:17	8	52:59	59	1:01:08	