



46. Brockenlauf

Ilseburg / 03.09.2016

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Hertel, Silvia

□□: Möser

□□: 165

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W60 (60-64 Jahre)

□□□: 3:13:13

□□: 8.07 km/h

□□□□: 7:22 min/km

□□□□□/□□□: 455 (of 529)

□□□□□/□: 61 (of 82)

□□□□□□: 2:09:50

□□□□□: 2(of 4)

□□□□□□□: 2:48:56

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:02	6:40	2	0:29	60	6:44	3.30	22:02	6:40	2	0:29	60	6:44
Schlüsie	3.10	26:09	8:26	2	1:30	57	8:02	6.40	48:11	7:31	2	1:59	59	14:39
Hermannsklippe	2.60	23:09	8:54	2	2:07	60	7:26	9.00	1:11:20	7:55	2	4:06	59	22:05
Brocken	3.10	38:07	12:17	2	6:49	65	12:40	12.10	1:49:27	9:02	2	10:55	60	34:45
Eiserner Handwe	3.60	22:34	6:16	2	4:06	57	8:32	15.70	2:12:01	8:24	2	15:01	59	41:45
Schlüsie	4.10	23:12	5:39	2	5:20	65	9:55	19.80	2:35:13	7:50	2	20:21	59	50:46
Loddenke	3.10	17:40	5:41	2	1:43	60	5:56	22.90	2:52:53	7:32	2	22:04	61	56:42
Ilseburg/Markt	3.30	20:20	6:09	2	2:13	62	6:41	26.20	3:13:13	7:22	2	24:17	61	1:03:23