



46. Brockenlauf

Ilseburg / 03.09.2016

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Wickmann, Birgitt

□□: Wedel

□□: 303

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W55 (55-59 Jahre)

□□□: 3:15:30

□□: 7.98 km/h

□□□□: 7:28 min/km

□□□□□/□□□: 459 (of 529)

□□□□□/□: 62 (of 82)

□□□□□□: 2:09:50

□□□□□: 6(of 7)

□□□□□□□: 2:49:30

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:41	6:34	6	1:13	56	6:23	3.30	21:41	6:34	6	1:13	56	6:23	
Schlüsie	3.10	27:14	8:47	6	3:09	66	9:07	6.40	48:55	7:38	6	4:16	62	15:23	
Hermannsklippe	2.60	23:56	9:12	6	4:44	69	8:13	9.00	1:12:51	8:05	6	8:36	63	23:36	
Brocken	3.10	41:01	13:13	7	8:37	73	15:34	12.10	1:53:52	9:24	6	16:53	67	39:10	
Eiserner Handwe	3.60	20:35	5:43	3	1:16	45	6:33	15.70	2:14:27	8:33	6	16:12	64	44:11	
Schlüsie	4.10	21:57	5:21	5	3:32	55	8:40	19.80	2:36:24	7:53	6	19:44	63	51:57	
Loddenke	3.10	17:24	5:36	5	2:09	58	5:40	22.90	2:53:48	7:35	6	21:31	62	57:37	
Ilseburg/Markt	3.30	21:42	6:34	6	5:16	71	8:03	26.20	3:15:30	7:27	6	26:00	62	1:05:40	