



46. Brockenlauf

Ilseburg / 03.09.2016

□□□□

Seidel, Antje

□□: WSV Clausthal-Zellerfeld
 □□: 470

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W45 (45-49 Jahre)

□□□: 3:18:55

□□: 7.84 km/h
 □□□□: 7:35 min/km

□□□□□/□□□: 472 (of 529)

□□□□□/□: 65 (of 82)

□□□□□□: 2:09:50

□□□□□: 13(of 16)

□□□□□□□: 2:27:30

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 24:36 | 7:27 | 14 | 6:43 | 75 | 9:18 | 3.30 | 24:36 | 7:27 | 14 | 6:43 | 75 | 9:18 |
| Schlüsie | 3.10 | 26:28 | 8:32 | 13 | 5:33 | 59 | 8:21 | 6.40 | 51:04 | 7:58 | 13 | 12:11 | 71 | 17:32 |
| Hermannsklippe | 2.60 | 23:01 | 8:51 | 13 | 5:44 | 57 | 7:18 | 9.00 | 1:14:05 | 8:13 | 13 | 17:29 | 65 | 24:50 |
| Brocken | 3.10 | 37:05 | 11:57 | 12 | 9:49 | 58 | 11:38 | 12.10 | 1:51:10 | 9:11 | 13 | 27:18 | 64 | 36:28 |
| Eiserner Handwe | 3.60 | 23:22 | 6:29 | 12 | 6:44 | 59 | 9:20 | 15.70 | 2:14:32 | 8:34 | 13 | 33:27 | 65 | 44:16 |
| Schlüsie | 4.10 | 22:24 | 5:27 | 13 | 6:38 | 62 | 9:07 | 19.80 | 2:36:56 | 7:55 | 13 | 38:50 | 65 | 52:29 |
| Loddenke | 3.10 | 19:11 | 6:11 | 14 | 5:39 | 70 | 7:27 | 22.90 | 2:56:07 | 7:41 | 13 | 44:23 | 64 | 59:56 |
| Ilseburg/Markt | 3.30 | 22:48 | 6:54 | 15 | 7:27 | 76 | 9:09 | 26.20 | 3:18:55 | 7:35 | 13 | 51:25 | 65 | 1:09:05 |