



46. Brockenlauf

Ilseburg / 03.09.2016

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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

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□□□	□□ 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