



46. Brockenlauf

Ilseburg / 03.09.2016

□□□□

Singer, Andrea

□□: Lsg Aschnia Aschersleben
 □□: 579

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W50 (50-54 Jahre)

□□□: 3:20:28

□□: 7.78 km/h
 □□□□: 7:39 min/km

□□□□□/□□□: 476 (of 529)

□□□□□/□: 66 (of 82)

□□□□□□: 2:09:50

□□□□□: 10(of 13)

□□□□□□□: 2:39:44

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:42	6:52	9	3:29	65	7:24	3.30	22:42	6:52	9	3:29	65	7:24
Schlüsie	3.10	26:46	8:38	9	4:21	62	8:39	6.40	49:28	7:43	9	7:47	65	15:56
Hermannsklippe	2.60	23:08	8:53	7	3:58	58	7:25	9.00	1:12:36	8:03	9	11:36	62	23:21
Brocken	3.10	37:19	12:02	8	4:49	59	11:52	12.10	1:49:55	9:05	8	16:25	61	35:13
Eiserner Handwe	3.60	24:13	6:43	10	6:47	64	10:11	15.70	2:14:08	8:32	10	21:20	63	43:52
Schlüsie	4.10	22:17	5:26	8	6:14	59	9:00	19.80	2:36:25	7:53	10	27:25	64	51:58
Loddenke	3.10	20:30	6:36	11	6:16	75	8:46	22.90	2:56:55	7:43	10	33:41	65	1:00:44
Ilseburg/Markt	3.30	23:33	7:08	11	7:43	77	9:54	26.20	3:20:28	7:39	10	40:44	66	1:10:38