



46. Brockenlauf

Ilseburg / 03.09.2016

□□□□

Reinold, Claudia

□□: Non-Stop-Ultra,Brakel

□□: 416

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W40 (40-44 Jahre)

□□□: 3:20:38

□□: 7.78 km/h

□□□□: 7:40 min/km

□□□□□/□□□: 477 (of 529)

□□□□□/□: 67 (of 82)

□□□□□□: 2:09:50

□□□□□: 15(of 17)

□□□□□□□: 2:15:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:27	6:48	15	5:16	63	7:09	3.30	22:27	6:48	15	5:16	63	7:09
Schlüsie	3.10	27:51	8:59	15	8:35	69	9:44	6.40	50:18	7:51	15	13:51	66	16:46
Hermannsklippe	2.60	25:50	9:56	17	9:26	79	10:07	9.00	1:16:08	8:27	16	23:17	71	26:53
Brocken	3.10	41:05	13:15	16	15:15	74	15:38	12.10	1:57:13	9:41	15	38:32	72	42:31
Eiserner Handwe	3.60	21:19	5:55	14	6:13	54	7:17	15.70	2:18:32	8:49	15	44:45	68	48:16
Schlüsie	4.10	21:59	5:21	15	7:12	57	8:42	19.80	2:40:31	8:06	15	51:57	66	56:04
Loddenke	3.10	18:32	5:58	16	6:04	66	6:48	22.90	2:59:03	7:49	15	58:01	67	1:02:52
Ilseburg/Markt	3.30	21:35	6:32	16	7:15	70	7:56	26.20	3:20:38	7:39	15	1:05:16	67	1:10:48