



46. Brockenlauf

Ilsenburg / 03.09.2016

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Schöwe, Simone

□□: LSV Tri-Team Wolfenbüttel
 □□: 172

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W45 (45-49 Jahre)

□□□: 3:26:53

□□: 7.54 km/h
 □□□□: 7:54 min/km

□□□□□/□□□: 488 (of 529)

□□□□□/□: 70 (of 82)

□□□□□□: 2:09:50

□□□□□: 14(of 16)

□□□□□□□: 2:27:30

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	25:06	7:36	15	7:13	77	9:48	3.30	25:06	7:36	15	7:13	77	9:48
Schlüsie	3.10	27:19	8:48	14	6:24	67	9:12	6.40	52:25	8:11	15	13:32	74	18:53
Hermannsklippe	2.60	23:47	9:08	14	6:30	65	8:04	9.00	1:16:12	8:28	15	19:36	72	26:57
Brocken	3.10	38:38	12:27	14	11:22	66	13:11	12.10	1:54:50	9:29	14	30:58	69	40:08
Eiserner Handwe	3.60	25:49	7:10	14	9:11	73	11:47	15.70	2:20:39	8:57	14	39:34	71	50:23
Schlüsie	4.10	24:54	6:04	15	9:08	73	11:37	19.80	2:45:33	8:21	14	47:27	70	1:01:06
Loddenke	3.10	19:53	6:24	15	6:21	72	8:09	22.90	3:05:26	8:05	14	53:42	70	1:09:15
Ilsenburg/Markt	3.30	21:27	6:30	14	6:06	69	7:48	26.20	3:26:53	7:53	14	59:23	70	1:17:03