



# 46. Brockenlauf

Ilseburg / 03.09.2016

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Wagner, Jeanette

□□: Möser

□□: 427

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 3:28:30

□□: 7.48 km/h

□□□□: 7:58 min/km

□□□□□/□□□: 491 (of 529)

□□□□□/□: 72 (of 82)

□□□□□□: 2:09:50

□□□□□: 15(of 16)

□□□□□□□: 2:27:30

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	23:10	7:01	13	5:17	68	7:52	3.30	23:10	7:01	13	5:17	68	7:52
Schlüsie	3.10	27:54	9:00	15	6:59	71	9:47	6.40	51:04	7:58	13	12:11	71	17:32
Hermannsklippe	2.60	24:40	9:29	15	7:23	70	8:57	9.00	1:15:44	8:24	14	19:08	69	26:29
Brocken	3.10	43:40	14:05	15	16:24	79	18:13	12.10	1:59:24	9:52	15	35:32	76	44:42
Eiserner Handwe	3.60	26:17	7:18	15	9:39	75	12:15	15.70	2:25:41	9:16	15	44:36	75	55:25
Schlüsie	4.10	24:17	5:55	14	8:31	72	11:00	19.80	2:49:58	8:35	15	51:52	74	1:05:31
Loddenke	3.10	18:24	5:56	13	4:52	64	6:40	22.90	3:08:22	8:13	15	56:38	73	1:12:11
Ilseburg/Markt	3.30	20:08	6:06	13	4:47	60	6:29	26.20	3:28:30	7:57	15	1:01:00	72	1:18:40