



46. Brockenlauf

Ilseburg / 03.09.2016

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Schmidt, Katrin

□□: Ihleläufer Burg

□□: 463

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W40 (40-44 Jahre)

□□□: 3:28:29

□□: 7.48 km/h

□□□□: 7:58 min/km

□□□□□/□□□□: 490 (of 529)

□□□□□/□: 71 (of 82)

□□□□□□: 2:09:50

□□□□□: 16(of 17)

□□□□□□□: 2:15:22

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	23:10	7:01	16	5:59	68	7:52	3.30	23:10	7:01	16	5:59	68	7:52	
Schlüsie	3.10	27:53	8:59	16	8:37	70	9:46	6.40	51:03	7:58	16	14:36	70	17:31	
Hermannsklippe	2.60	24:41	9:29	15	8:17	71	8:58	9.00	1:15:44	8:24	15	22:53	69	26:29	
Brocken	3.10	43:39	14:04	17	17:49	78	18:12	12.10	1:59:23	9:51	17	40:42	75	44:41	
Eiserner Handwe	3.60	26:19	7:18	16	11:13	76	12:17	15.70	2:25:42	9:16	17	51:55	76	55:26	
Schlüsie	4.10	24:13	5:54	16	9:26	71	10:56	19.80	2:49:55	8:34	16	1:01:21	73	1:05:28	
Loddenke	3.10	18:27	5:57	15	5:59	65	6:43	22.90	3:08:22	8:13	16	1:07:20	73	1:12:11	
Ilseburg/Markt	3.30	20:07	6:05	14	5:47	59	6:28	26.20	3:28:29	7:57	16	1:13:07	71	1:18:39	