



46. Brockenlauf

Ilseburg / 03.09.2016

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Wichert, Doris

□□: Tus-Hohnstorf
 □□: 54

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W55 (55-59 Jahre)

□□□: 3:29:06

□□: 7.46 km/h
 □□□□: 7:59 min/km

□□□□□/□□□: 492 (of 529)

□□□□□/□: 73 (of 82)

□□□□□□: 2:09:50

□□□□□: 7(of 7)

□□□□□□□: 2:49:30

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:27	6:30	4	0:59	49	6:09	3.30	21:27	6:30	4	0:59	49	6:09
Schlüsie	3.10	27:54	9:00	7	3:49	71	9:47	6.40	49:21	7:42	7	4:42	64	15:49
Hermannsklippe	2.60	24:54	9:34	7	5:42	73	9:11	9.00	1:14:15	8:15	7	10:00	66	25:00
Brocken	3.10	40:55	13:11	6	8:31	71	15:28	12.10	1:55:10	9:31	7	18:11	70	40:28
Eiserner Handwe	3.60	24:48	6:53	7	5:29	69	10:46	15.70	2:19:58	8:54	7	21:43	70	49:42
Schlüsie	4.10	25:45	6:16	7	7:20	74	12:28	19.80	2:45:43	8:22	7	29:03	71	1:01:16
Loddenke	3.10	20:54	6:44	7	5:39	77	9:10	22.90	3:06:37	8:08	7	34:20	71	1:10:26
Ilseburg/Markt	3.30	22:29	6:48	7	6:03	75	8:50	26.20	3:29:06	7:58	7	39:36	73	1:19:16