



46. Brockenlauf

Ilseburg / 03.09.2016

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Felsche, Manuela

□□: MSV Eintracht Halberstadt
 □□: 164

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W50 (50-54 Jahre)

□□□: 3:29:29

□□: 7.45 km/h
 □□□□: 8:00 min/km

□□□□□/□□□: 493 (of 529)

□□□□□/□: 74 (of 82)

□□□□□□: 2:09:50

□□□□□: 11(of 13)

□□□□□□□: 2:39:44

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:07	6:42	8	2:54	61	6:49	3.30	22:07	6:42	8	2:54	61	6:49
Schlüsie	3.10	28:18	9:07	11	5:53	74	10:11	6.40	50:25	7:52	10	8:44	67	16:53
Hermannsklippe	2.60	25:47	9:55	12	6:37	78	10:04	9.00	1:16:12	8:28	11	15:12	72	26:57
Brocken	3.10	40:36	13:05	11	8:06	70	15:09	12.10	1:56:48	9:39	11	23:18	71	42:06
Eiserner Handwe	3.60	23:52	6:37	9	6:26	63	9:50	15.70	2:20:40	8:57	11	27:52	72	50:24
Schlüsie	4.10	27:11	6:37	12	11:08	77	13:54	19.80	2:47:51	8:28	11	38:51	72	1:03:24
Loddenke	3.10	20:25	6:35	10	6:11	74	8:41	22.90	3:08:16	8:13	11	45:02	72	1:12:05
Ilseburg/Markt	3.30	21:13	6:25	9	5:23	67	7:34	26.20	3:29:29	7:59	11	49:45	74	1:19:39