



46. Brockenlauf

Ilseburg / 03.09.2016

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Boekhoff, Maria

□□: ZFT
□□: 275

Enduro Long Men

□□□□:
Seniorinnen W30 (30-34 Jahre)

□□□: 3:31:39

□□: - km/h
□□□□: 8:05 min/km

□□□□□/□□□: 495 (of 529)

□□□□□/□: 75 (of 82)

□□□□□□: 2:09:50

□□□□□: 5(of 5)

□□□□□□□: 2:16:17

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	25:38	7:46	5	9:01	79	10:20	3.30	25:38	7:46	5	9:01	79	10:20	
Schlüsie	3.10	29:25	9:29	5	10:00	78	11:18	6.40	55:03	8:36	5	19:01	78	21:31	
Hermannsklippe	2.60	25:07	9:39	5	8:38	74	9:24	9.00	1:20:10	8:54	5	27:39	78	30:55	
Brocken	3.10	39:14	12:39	5	12:02	67	13:47	12.10	1:59:24	9:52	5	39:15	76	44:42	
Eiserner Handwe	3.60	21:21	5:55	4	5:44	55	7:19	15.70	2:20:45	8:57	5	44:59	73	50:29	
Schlüsie	4.10	30:25	7:25	5	16:02	80	17:08	19.80	2:51:10	8:38	5	1:01:01	76	1:06:43	
Loddenke	3.10	19:56	6:25	5	7:46	73	8:12	22.90	3:11:06	8:20	5	1:08:47	75	1:14:55	
Ilseburg/Markt	3.30	20:33	6:13	4	6:35	64	6:54	-	3:31:39	-	5	1:15:22	75	1:21:49	