



46. Brockenlauf
Ilseburg / 03.09.2016

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Geisler, Gabriele

□□: Weserpeser

□□: 102

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W60 (60-64 Jahre)

□□□: 3:32:33

□□: 7.34 km/h

□□□□: 8:07 min/km

□□□□□/□□□: 497 (of 529)

□□□□□/□: 76 (of 82)

□□□□□□: 2:09:50

□□□□□: 3(of 4)

□□□□□□□: 2:48:56

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	25:36	7:45	4	4:03	78	10:18	3.30	25:36	7:45	4	4:03	78	10:18	
Schlüsie	3.10	30:30	9:50	4	5:51	79	12:23	6.40	56:06	8:45	4	9:54	79	22:34	
Hermannsklippe	2.60	25:39	9:51	4	4:37	77	9:56	9.00	1:21:45	9:05	4	14:31	79	32:30	
Brocken	3.10	41:34	13:24	3	10:16	76	16:07	12.10	2:03:19	10:11	4	24:47	79	48:37	
Eiserner Handwe	3.60	26:13	7:16	3	7:45	74	12:11	15.70	2:29:32	9:31	4	32:32	79	59:16	
Schlüsie	4.10	23:20	5:41	3	5:28	66	10:03	19.80	2:52:52	8:43	3	38:00	78	1:08:25	
Loddenke	3.10	18:19	5:54	3	2:22	63	6:35	22.90	3:11:11	8:20	3	40:22	76	1:15:00	
Ilseburg/Markt	3.30	21:22	6:28	3	3:15	68	7:43	26.20	3:32:33	8:06	3	43:37	76	1:22:43	