



46. Brockenlauf

Ilseburg / 03.09.2016

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Sanftenberg, Birgit

□□: MTV 1860 Minden e. V.
 □□: 106

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W60 (60-64 Jahre)

□□□: 3:41:06

□□: 7.06 km/h
 □□□□: 8:26 min/km

□□□□□/□□□□: 506 (of 529)

□□□□□/□: 78 (of 82)

□□□□□□: 2:09:50

□□□□□: 4(of 4)

□□□□□□□: 2:48:56

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	23:55	7:14	3	2:22	72	8:37	3.30	23:55	7:14	3	2:22	72	8:37	
Schlüsie	3.10	28:19	9:08	3	3:40	75	10:12	6.40	52:14	8:09	3	6:02	73	18:42	
Hermannsklippe	2.60	25:17	9:43	3	4:15	75	9:34	9.00	1:17:31	8:36	3	10:17	75	28:16	
Brocken	3.10	41:58	13:32	4	10:40	77	16:31	12.10	1:59:29	9:52	3	20:57	78	44:47	
Eiserner Handwe	3.60	26:22	7:19	4	7:54	78	12:20	15.70	2:25:51	9:17	3	28:51	78	55:35	
Schlüsie	4.10	27:29	6:42	4	9:37	78	14:12	19.80	2:53:20	8:45	4	38:28	79	1:08:53	
Loddenke	3.10	23:43	7:39	4	7:46	78	11:59	22.90	3:17:03	8:36	4	46:14	78	1:20:52	
Ilseburg/Markt	3.30	24:03	7:17	4	5:56	78	10:24	26.20	3:41:06	8:26	4	52:10	78	1:31:16	