



46. Brockenlauf

Ilseburg / 03.09.2016

□□□□

Hauschild, Dörte

□□: Hamburg
 □□: 38

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W45 (45-49 Jahre)

□□□: 4:19:10

□□: 6.02 km/h
 □□□□: 9:53 min/km

□□□□□/□□□□: 524 (of 529)

□□□□□/□: 80 (of 82)

□□□□□□: 2:09:50

□□□□□: 16(of 16)

□□□□□□□: 2:27:30

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	27:48	8:25	16	9:55	80	12:30	3.30	27:48	8:25	16	9:55	80	12:30	
Schlüsie	3.10	33:07	10:40	16	12:12	80	15:00	6.40	1:00:55	9:31	16	22:02	80	27:23	
Hermannsklippe	2.60	30:05	11:34	16	12:48	80	14:22	9.00	1:31:00	10:06	16	34:24	80	41:45	
Brocken	3.10	53:23	17:13	16	26:07	81	27:56	12.10	2:24:23	11:55	16	1:00:31	80	1:09:41	
Eiserner Handwe	3.60	32:29	9:01	16	15:51	80	18:27	15.70	2:56:52	11:15	16	1:15:47	80	1:26:36	
Schlüsie	4.10	27:48	6:46	16	12:02	79	14:31	19.80	3:24:40	10:20	16	1:26:34	80	1:40:13	
Loddenke	3.10	25:51	8:20	16	12:19	80	14:07	22.90	3:50:31	10:03	16	1:38:47	80	1:54:20	
Ilseburg/Markt	3.30	28:39	8:40	16	13:18	80	15:00	26.20	4:19:10	9:53	16	1:51:40	80	2:09:20	