



47. Brockenlauf

Ilseburg / 02.09.2017

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POHL, Nadine

□□: MSV Eintracht Halberstadt
 □□: 289

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W40 (40-44 Jahre)

□□□: 2:47:35

□□: 9.31 km/h
 □□□□: 6:24 min/km

□□□□□/□□□: 330 (of 500)

□□□□□/□: 28 (of 77)

□□□□□□: 1:57:27

□□□□□: 6(of 16)

□□□□□□□: 2:13:24

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:57	6:02	5	4:17	23	5:16	3.30	19:57	6:02	5	4:17	23	5:16
Schlüsie	3.10	21:46	7:01	6	4:00	27	5:37	6.40	41:43	6:31	6	8:17	25	10:53
Hermannsklippe	2.60	19:51	7:38	7	4:00	30	5:24	9.00	1:01:34	6:50	6	12:17	27	16:17
Brocken	3.10	33:51	10:55	9	8:15	43	11:34	12.10	1:35:25	7:53	7	20:32	31	27:51
Eiserner Handwe	3.60	19:48	5:30	6	3:30	26	6:40	15.70	1:55:13	7:20	7	24:02	31	34:31
Schlüsie	4.10	19:13	4:41	6	3:41	28	6:05	19.80	2:14:26	6:47	6	27:43	28	40:36
Loddenke	3.10	15:49	5:06	7	3:04	32	4:24	22.90	2:30:15	6:33	6	30:47	28	45:00
Ilseburg/Markt	3.30	17:20	5:15	8	3:24	38	17:05	26.20	2:47:35	6:23	6	34:11	29	2:47:20