



47. Brockenlauf

Ilseburg / 02.09.2017

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ARNHOLD, Petra

□□: Rennsteiglaufverein

□□: 281

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W55 (55-59 Jahre)

□□□: 3:00:22

□□: 8.72 km/h

□□□□: 6:53 min/km

□□□□□/□□□: 411 (of 500)

□□□□□/□: 50 (of 77)

□□□□□□: 1:57:27

□□□□□: 3(of 9)

□□□□□□□: 2:36:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:00	6:21	3	1:06	39	6:19	3.30	21:00	6:21	3	1:06	39	6:19	
Schlüsie	3.10	23:03	7:26	3	1:55	42	6:54	6.40	44:03	6:52	3	3:01	41	13:13	
Hermannsklippe	2.60	20:36	7:55	2	2:25	37	6:09	9.00	1:04:39	7:11	3	5:26	40	19:22	
Brocken	3.10	33:32	10:49	3	4:27	42	11:15	12.10	1:38:11	8:06	3	9:53	41	30:37	
Eiserner Handwe	3.60	22:39	6:17	6	2:38	54	9:31	15.70	2:00:50	7:41	3	12:31	43	40:08	
Schlüsie	4.10	22:26	5:28	6	3:39	58	9:18	19.80	2:23:16	7:14	3	16:10	47	49:26	
Loddenke	3.10	17:38	5:41	6	3:13	59	6:13	22.90	2:40:54	7:01	3	19:23	47	55:39	
Ilseburg/Markt	3.30	19:28	5:53	6	19:13	57	19:13	26.20	3:00:22	6:53	4	3:00:07	51	3:00:07	