



48. Brockenlauf

Ilseburg / 01.09.2018

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Brüchner, Marion

□□: fairplay

□□: 75

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 2:33:47

□□: 10.22 km/h

□□□□: 5:52 min/km

□□□□□/□□□: 181 (of 506)

□□□□□/□: 15 (of 90)

□□□□□□: 2:00:04

□□□□□: 3(of 21)

□□□□□□□: 2:07:12

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:26	5:53	5	2:48	20	4:45	3.30	19:26	5:53	5	2:48	20	4:45	
Bremer Hütte	2.40	15:44	6:33	3	1:58	13	2:43	5.70	35:10	6:10	3	4:46	16	7:28	
Hermannsklippe	3.30	21:41	6:34	3	3:15	14	3:35	9.00	56:51	6:18	3	8:01	14	11:03	
Brocken	3.10	28:22	9:09	3	4:55	11	4:55	12.10	1:25:13	7:02	3	12:56	13	15:44	
Eiserner Handwe	3.60	18:49	5:13	5	3:51	20	5:28	15.70	1:44:02	6:37	3	16:47	14	21:12	
Bremer Hütte	4.10	21:38	5:16	7	4:11	25	5:12	19.80	2:05:40	6:20	3	20:58	15	26:24	
Loddenke	3.10	11:30	3:42	6	2:20	21	2:52	22.90	2:17:10	5:59	3	23:18	15	29:16	
Ilseburg/Markt	3.30	16:37	5:02	9	3:17	31	4:27	26.20	2:33:47	5:52	3	26:35	15	33:43	