



48. Brockenlauf

Ilseburg / 01.09.2018

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Hackbarth, Annett

□□: SV Rot Weiß Abbenrode
 □□: 473

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W45 (45-49 Jahre)

□□□: 2:34:17

□□: 10.19 km/h
 □□□□: 5:53 min/km

□□□□□/□□□: 186 (of 506)

□□□□□/□: 16 (of 90)

□□□□□□: 2:00:04

□□□□□: 4(of 21)

□□□□□□□: 2:07:12

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:06	5:47	3	2:28	15	4:25	3.30	19:06	5:47	3	2:28	15	4:25
Bremer Hütte	2.40	16:23	6:49	4	2:37	16	3:22	5.70	35:29	6:13	4	5:05	17	7:47
Hermannsklippe	3.30	22:22	6:46	5	3:56	17	4:16	9.00	57:51	6:25	4	9:01	17	12:03
Brocken	3.10	29:43	9:35	4	6:16	17	6:16	12.10	1:27:34	7:14	4	15:17	16	18:05
Eiserner Handwe	3.60	17:50	4:57	3	2:52	13	4:29	15.70	1:45:24	6:42	4	18:09	16	22:34
Bremer Hütte	4.10	21:25	5:13	4	3:58	19	4:59	19.80	2:06:49	6:24	4	22:07	16	27:33
Loddenke	3.10	11:22	3:39	5	2:12	19	2:44	22.90	2:18:11	6:02	4	24:19	16	30:17
Ilseburg/Markt	3.30	16:06	4:52	5	2:46	21	3:56	26.20	2:34:17	5:53	4	27:05	16	34:13