



48. Brockenlauf

Ilseburg / 01.09.2018

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Simonis, Svetlana

□□: Walldorf
 □□: 376

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W45 (45-49 Jahre)

□□□: 2:41:27

□□: 9.74 km/h
 □□□□: 6:10 min/km

□□□□□/□□□: 244 (of 506)

□□□□□/□: 22 (of 90)

□□□□□□: 2:00:04

□□□□□: 6(of 21)

□□□□□□□: 2:07:12

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:33	5:55	7	2:55	23	4:52	3.30	19:33	5:55	7	2:55	23	4:52
Bremer Hütte	2.40	17:32	7:18	8	3:46	26	4:31	5.70	37:05	6:30	8	6:41	24	9:23
Hermannsklippe	3.30	23:40	7:10	7	5:14	30	5:34	9.00	1:00:45	6:45	7	11:55	25	14:57
Brocken	3.10	32:24	10:27	7	8:57	32	8:57	12.10	1:33:09	7:41	7	20:52	26	23:40
Eiserner Handwe	3.60	19:04	5:17	6	4:06	24	5:43	15.70	1:52:13	7:08	7	24:58	26	29:23
Bremer Hütte	4.10	21:37	5:16	6	4:10	24	5:11	19.80	2:13:50	6:45	7	29:08	25	34:34
Loddenke	3.10	11:17	3:38	4	2:07	18	2:39	22.90	2:25:07	6:20	6	31:15	24	37:13
Ilseburg/Markt	3.30	16:20	4:56	8	3:00	26	4:10	26.20	2:41:27	6:09	6	34:15	22	41:23