



48. Brockenlauf

Ilseburg / 01.09.2018

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Frick, Nadja

□□: MTV Jahn Schladen

□□: 468

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 2:46:07

□□: 9.39 km/h

□□□□: 6:20 min/km

□□□□□/□□□: 289 (of 506)

□□□□□/□: 30 (of 90)

□□□□□□: 2:00:04

□□□□□: 8(of 21)

□□□□□□□: 2:07:12

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:35	5:56	8	2:57	25	4:54	3.30	19:35	5:56	8	2:57	25	4:54
Bremer Hütte	2.40	17:00	7:05	7	3:14	22	3:59	5.70	36:35	6:25	7	6:11	22	8:53
Hermannsklippe	3.30	25:50	7:49	10	7:24	50	7:44	9.00	1:02:25	6:56	8	13:35	29	16:37
Brocken	3.10	32:48	10:34	9	9:21	39	9:21	12.10	1:35:13	7:52	8	22:56	32	25:44
Eiserner Handwe	3.60	20:22	5:39	9	5:24	39	7:01	15.70	1:55:35	7:21	8	28:20	31	32:45
Bremer Hütte	4.10	22:06	5:23	9	4:39	30	5:40	19.80	2:17:41	6:57	8	32:59	30	38:25
Loddenke	3.10	13:13	4:15	13	4:03	52	4:35	22.90	2:30:54	6:35	9	37:02	31	43:00
Ilseburg/Markt	3.30	15:13	4:36	3	1:53	11	3:03	26.20	2:46:07	6:20	8	38:55	30	46:03