



48. Brockenlauf

Ilseburg / 01.09.2018

□□□□

Wienstroer, Antje

□□: Bokensdorf
 □□: 528

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W50 (50-54 Jahre)

□□□: 2:49:36

□□: 9.20 km/h
 □□□□: 6:28 min/km

□□□□□/□□□: 314 (of 506)

□□□□□/□: 35 (of 90)

□□□□□□: 2:00:04

□□□□□: 6(of 16)

□□□□□□□: 2:23:48

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	23:44	7:11	11	4:56	68	9:03	3.30	23:44	7:11	11	4:56	68	9:03
Bremer Hütte	2.40	19:08	7:58	8	3:53	49	6:07	5.70	42:52	7:31	9	8:49	61	15:10
Hermannsklippe	3.30	25:17	7:39	9	4:31	48	7:11	9.00	1:08:09	7:34	9	13:20	55	22:21
Brocken	3.10	31:58	10:18	5	4:39	30	8:31	12.10	1:40:07	8:16	9	17:59	51	30:38
Eiserner Handwe	3.60	19:29	5:24	3	2:24	27	6:08	15.70	1:59:36	7:37	8	20:23	42	36:46
Bremer Hütte	4.10	21:31	5:14	3	1:59	21	5:05	19.80	2:21:07	7:07	6	22:22	35	41:51
Loddenke	3.10	11:41	3:46	3	0:58	28	3:03	22.90	2:32:48	6:40	6	23:20	36	44:54
Ilseburg/Markt	3.30	16:48	5:05	3	2:28	32	4:38	26.20	2:49:36	6:28	6	25:48	35	49:32