



48. Brockenlauf

Ilseburg / 01.09.2018

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Wienstroer, Marie Charlotte

□□: Bokensdorf
 □□: 529

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W30 (30-34 Jahre)

□□□: 2:49:48

□□: 9.19 km/h
 □□□□: 6:29 min/km

□□□□□/□□□: 316 (of 506)

□□□□□/□: 36 (of 90)

□□□□□□: 2:00:04

□□□□□: 5(of 8)

□□□□□□□: 2:23:20

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	23:45	7:11	7	7:01	70	9:04	3.30	23:45	7:11	7	7:01	70	9:04
Bremer Hütte	2.40	18:49	7:50	6	4:10	46	5:48	5.70	42:34	7:28	7	11:11	60	14:52
Hermannsklippe	3.30	25:36	7:45	6	5:27	49	7:30	9.00	1:08:10	7:34	7	16:38	56	22:22
Brocken	3.10	31:55	10:17	4	4:20	29	8:28	12.10	1:40:05	8:16	6	20:48	50	30:36
Eiserner Handwe	3.60	19:32	5:25	5	2:51	28	6:11	15.70	1:59:37	7:37	6	22:58	43	36:47
Bremer Hütte	4.10	22:10	5:24	5	2:05	31	5:44	19.80	2:21:47	7:09	6	24:14	41	42:31
Loddenke	3.10	11:36	3:44	4	1:26	23	2:58	22.90	2:33:23	6:41	6	24:48	38	45:29
Ilseburg/Markt	3.30	16:25	4:58	5	2:52	28	4:15	26.20	2:49:48	6:28	5	26:28	36	49:44