



48. Brockenlauf

Ilseburg / 01.09.2018

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Schöwe, Simone

□□: Klein Dahlum
 □□: 358

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W45 (45-49 Jahre)

□□□: 2:55:12

□□: 8.90 km/h
 □□□□: 6:41 min/km

□□□□□/□□□: 355 (of 506)

□□□□□/□: 47 (of 90)

□□□□□□: 2:00:04

□□□□□: 10(of 21)

□□□□□□□: 2:07:12

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:50	6:55	16	6:12	65	8:09	3.30	22:50	6:55	16	6:12	65	8:09
Bremer Hütte	2.40	18:16	7:36	9	4:30	38	5:15	5.70	41:06	7:12	10	10:42	52	13:24
Hermannsklippe	3.30	25:04	7:35	9	6:38	42	6:58	9.00	1:06:10	7:21	10	17:20	49	20:22
Brocken	3.10	32:44	10:33	8	9:17	38	9:17	12.10	1:38:54	8:10	10	26:37	46	29:25
Eiserner Handwe	3.60	21:24	5:56	11	6:26	52	8:03	15.70	2:00:18	7:39	10	33:03	45	37:28
Bremer Hütte	4.10	24:33	5:59	13	7:06	56	8:07	19.80	2:24:51	7:18	10	40:09	46	45:35
Loddenke	3.10	12:35	4:03	11	3:25	42	3:57	22.90	2:37:26	6:52	10	43:34	45	49:32
Ilseburg/Markt	3.30	17:46	5:23	13	4:26	47	5:36	26.20	2:55:12	6:41	10	48:00	47	55:08