



48. Brockenlauf

Ilseburg / 01.09.2018

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Franke, Andrea

□□: Flying Stöckels de Luxe

□□: 124

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 2:59:14

□□: 8.77 km/h

□□□□: 6:50 min/km

□□□□□/□□□: 388 (of 506)

□□□□□/□: 52 (of 90)

□□□□□□: 2:00:04

□□□□□: 11(of 21)

□□□□□□□: 2:07:12

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:05	6:23	10	4:27	44	6:24	3.30	21:05	6:23	10	4:27	44	6:24
Bremer Hütte	2.40	20:10	8:24	12	6:24	59	7:09	5.70	41:15	7:14	12	10:51	55	13:33
Hermannsklippe	3.30	28:16	8:33	15	9:50	70	10:10	9.00	1:09:31	7:43	13	20:41	61	23:43
Brocken	3.10	37:15	12:00	14	13:48	69	13:48	12.10	1:46:46	8:49	12	34:29	61	37:17
Eiserner Handwe	3.60	20:23	5:39	10	5:25	40	7:02	15.70	2:07:09	8:05	12	39:54	59	44:19
Bremer Hütte	4.10	22:02	5:22	8	4:35	29	5:36	19.80	2:29:11	7:32	11	44:29	54	49:55
Loddenke	3.10	12:21	3:59	9	3:11	35	3:43	22.90	2:41:32	7:03	11	47:40	51	53:38
Ilseburg/Markt	3.30	17:42	5:21	12	4:22	46	5:32	26.20	2:59:14	6:50	11	52:02	52	59:10