



48. Brockenlauf

Ilseburg / 01.09.2018

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Holenburg, Barbara

□□: Hannover 96 Triathlon
 □□: 177

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W45 (45-49 Jahre)

□□□: 3:00:03

□□: 8.66 km/h
 □□□□: 6:52 min/km

□□□□□/□□□: 395 (of 506)

□□□□□/□: 55 (of 90)

□□□□□□: 2:00:04

□□□□□: 12(of 21)

□□□□□□□: 2:07:12

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:19	6:27	13	4:41	55	6:38	3.30	21:19	6:27	13	4:41	55	6:38
Bremer Hütte	2.40	19:53	8:17	11	6:07	56	6:52	5.70	41:12	7:13	11	10:48	54	13:30
Hermannsklippe	3.30	27:58	8:28	13	9:32	67	9:52	9.00	1:09:10	7:41	11	20:20	59	23:22
Brocken	3.10	35:07	11:19	11	11:40	53	11:40	12.10	1:44:17	8:37	11	32:00	55	34:48
Eiserner Handwe	3.60	21:39	6:00	12	6:41	55	8:18	15.70	2:05:56	8:01	11	38:41	56	43:06
Bremer Hütte	4.10	23:54	5:49	11	6:27	48	7:28	19.80	2:29:50	7:34	12	45:08	56	50:34
Loddenke	3.10	12:47	4:07	12	3:37	44	4:09	22.90	2:42:37	7:06	12	48:45	55	54:43
Ilseburg/Markt	3.30	17:26	5:16	10	4:06	40	5:16	26.20	3:00:03	6:52	12	52:51	55	59:59