



# 48. Brockenlauf

Ilseburg / 01.09.2018

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Rauschenbach, Franziska

□□: Team Vegan

□□: 300

□□: 26.20 km

26,2 km - Lauf

□□□□:

Frauen (20-29 Jahre)

□□□: 3:04:03

□□: 8.48 km/h

□□□□: 7:01 min/km

□□□□□/□□□: 412 (of 506)

□□□□□/□: 58 (of 90)

□□□□□□: 2:00:04

□□□□□: 10(of 11)

□□□□□□□: 2:00:04

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	24:32	7:26	11	9:51	82	9:51	3.30	24:32	7:26	11	9:51	82	9:51	
Bremer Hütte	2.40	20:44	8:38	11	7:43	66	7:43	5.70	45:16	7:56	11	17:34	73	17:34	
Hermannsklippe	3.30	27:43	8:23	11	9:37	62	9:37	9.00	1:12:59	8:06	11	27:11	69	27:11	
Brocken	3.10	37:37	12:08	11	13:56	72	14:10	12.10	1:50:36	9:08	11	41:07	70	41:07	
Eiserner Handwe	3.60	19:47	5:29	7	6:26	34	6:26	15.70	2:10:23	8:18	11	47:33	62	47:33	
Bremer Hütte	4.10	22:40	5:31	8	6:14	35	6:14	19.80	2:33:03	7:43	11	53:47	60	53:47	
Loddenke	3.10	12:14	3:56	8	3:36	34	3:36	22.90	2:45:17	7:13	10	57:23	58	57:23	
Ilseburg/Markt	3.30	18:46	5:41	10	6:36	59	6:36	26.20	3:04:03	7:01	10	1:03:59	58	1:03:59	