



48. Brockenlauf

Ilseburg / 01.09.2018

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Schaub, Nicole

□□: Fitness Oase Ohrdruf
 □□: 331

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W45 (45-49 Jahre)

□□□: 3:05:00

□□: 8.43 km/h
 □□□□: 7:04 min/km

□□□□□/□□□: 414 (of 506)

□□□□□/□: 59 (of 90)

□□□□□□: 2:00:04

□□□□□: 13(of 21)

□□□□□□□: 2:07:12

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:16	6:26	12	4:38	52	6:35	3.30	21:16	6:26	12	4:38	52	6:35
Bremer Hütte	2.40	20:19	8:27	14	6:33	63	7:18	5.70	41:35	7:17	13	11:11	58	13:53
Hermannsklippe	3.30	27:55	8:27	12	9:29	66	9:49	9.00	1:09:30	7:43	12	20:40	60	23:42
Brocken	3.10	38:39	12:28	16	15:12	76	15:12	12.10	1:48:09	8:56	13	35:52	66	38:40
Eiserner Handwe	3.60	23:50	6:37	17	8:52	71	10:29	15.70	2:11:59	8:24	13	44:44	65	49:09
Bremer Hütte	4.10	24:21	5:56	12	6:54	53	7:55	19.80	2:36:20	7:53	13	51:38	64	57:04
Loddenke	3.10	12:31	4:02	10	3:21	40	3:53	22.90	2:48:51	7:22	13	54:59	63	1:00:57
Ilseburg/Markt	3.30	16:09	4:53	6	2:49	22	3:59	26.20	3:05:00	7:03	13	57:48	59	1:04:56