



48. Brockenlauf

Ilseburg / 01.09.2018

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Mork, Carolin

□□: Hameln

□□: 272

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W35 (35-39 Jahre)

□□□: 3:10:03

□□: 8.21 km/h

□□□□: 7:15 min/km

□□□□□/□□□: 428 (of 506)

□□□□□/□: 64 (of 90)

□□□□□□: 2:00:04

□□□□□: 6(of 6)

□□□□□□□: 2:35:11

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:12	6:43	6	4:04	58	7:31	3.30	22:12	6:43	6	4:04	58	7:31	
Bremer Hütte	2.40	18:36	7:45	6	1:44	43	5:35	5.70	40:48	7:09	6	5:48	50	13:06	
Hermannsklippe	3.30	25:08	7:36	5	2:15	45	7:02	9.00	1:05:56	7:19	6	8:03	48	20:08	
Brocken	3.10	32:59	10:38	5	1:10	40	9:32	12.10	1:38:55	8:10	6	8:36	47	29:26	
Eiserner Handwe	3.60	24:08	6:42	6	6:41	77	10:47	15.70	2:03:03	7:50	6	15:17	52	40:13	
Bremer Hütte	4.10	30:38	7:28	6	9:35	82	14:12	19.80	2:33:41	7:45	6	24:52	62	54:25	
Loddenke	3.10	14:57	4:49	6	4:02	69	6:19	22.90	2:48:38	7:21	6	28:54	62	1:00:44	
Ilseburg/Markt	3.30	21:25	6:29	6	5:58	77	9:15	26.20	3:10:03	7:15	6	34:52	64	1:09:59	