



48. Brockenlauf

Ilseburg / 01.09.2018

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Buchmeier, Anja

□□: LLG Springe

□□: 76

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 3:13:17

□□: 8.07 km/h

□□□□: 7:23 min/km

□□□□□/□□□: 440 (of 506)

□□□□□/□: 69 (of 90)

□□□□□□: 2:00:04

□□□□□: 16(of 21)

□□□□□□□: 2:07:12

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	23:21	7:04	18	6:43	67	8:40	3.30	23:21	7:04	18	6:43	67	8:40	
Bremer Hütte	2.40	20:13	8:25	13	6:27	61	7:12	5.70	43:34	7:38	15	13:10	64	15:52	
Hermannsklippe	3.30	27:07	8:13	11	8:41	56	9:01	9.00	1:10:41	7:51	15	21:51	64	24:53	
Brocken	3.10	39:21	12:41	17	15:54	77	15:54	12.10	1:50:02	9:05	14	37:45	68	40:33	
Eiserner Handwe	3.60	23:16	6:27	16	8:18	67	9:55	15.70	2:13:18	8:29	14	46:03	67	50:28	
Bremer Hütte	4.10	25:21	6:10	15	7:54	62	8:55	19.80	2:38:39	8:00	14	53:57	65	59:23	
Loddenke	3.10	15:21	4:57	17	6:11	74	6:43	22.90	2:54:00	7:35	16	1:00:08	68	1:06:06	
Ilseburg/Markt	3.30	19:17	5:50	16	5:57	65	7:07	26.20	3:13:17	7:22	16	1:06:05	69	1:13:13	