



48. Brockenlauf

Ilseburg / 01.09.2018

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Witt, Michaela

□□: E.ON

□□: 432

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 3:21:11

□□: 7.81 km/h

□□□□: 7:41 min/km

□□□□□/□□□: 455 (of 506)

□□□□□/□: 73 (of 90)

□□□□□□: 2:00:04

□□□□□: 17(of 21)

□□□□□□□: 2:07:12

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:57	6:57	17	6:19	66	8:16	3.30	22:57	6:57	17	6:19	66	8:16	
Bremer Hütte	2.40	22:03	9:11	17	8:17	74	9:02	5.70	45:00	7:53	18	14:36	71	17:18	
Hermannsklippe	3.30	28:35	8:39	16	10:09	73	10:29	9.00	1:13:35	8:10	16	24:45	70	27:47	
Brocken	3.10	38:34	12:26	15	15:07	75	15:07	12.10	1:52:09	9:16	18	39:52	77	42:40	
Eiserner Handwe	3.60	22:57	6:22	15	7:59	65	9:36	15.70	2:15:06	8:36	17	47:51	75	52:16	
Bremer Hütte	4.10	25:34	6:14	16	8:07	63	9:08	19.80	2:40:40	8:06	17	55:58	70	1:01:24	
Loddenke	3.10	17:19	5:35	21	8:09	85	8:41	22.90	2:57:59	7:46	17	1:04:07	71	1:10:05	
Ilseburg/Markt	3.30	23:12	7:01	20	9:52	85	11:02	26.20	3:21:11	7:40	17	1:13:59	73	1:21:07	