



48. Brockenlauf

Ilseburg / 01.09.2018

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Sundermeyer, Stefanie

□□: Flying Stöckels de Luxe

□□: 399

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W50 (50-54 Jahre)

□□□: 3:22:07

□□: 7.72 km/h

□□□□: 7:43 min/km

□□□□□/□□□: 460 (of 506)

□□□□□/□: 76 (of 90)

□□□□□□: 2:00:04

□□□□□: 15(of 16)

□□□□□□□: 2:23:48

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:09	6:42	9	3:21	57	7:28	3.30	22:09	6:42	9	3:21	57	7:28
Bremer Hütte	2.40	22:21	9:18	14	7:06	76	9:20	5.70	44:30	7:48	11	10:27	67	16:48
Hermannsklippe	3.30	29:12	8:50	15	8:26	81	11:06	9.00	1:13:42	8:11	11	18:53	71	27:54
Brocken	3.10	39:57	12:53	13	12:38	78	16:30	12.10	1:53:39	9:23	13	31:31	79	44:10
Eiserner Handwe	3.60	24:17	6:44	15	7:12	78	10:56	15.70	2:17:56	8:47	13	38:43	77	55:06
Bremer Hütte	4.10	27:51	6:47	16	8:19	75	11:25	19.80	2:45:47	8:22	15	47:02	78	1:06:31
Loddenke	3.10	14:58	4:49	14	4:15	70	6:20	22.90	3:00:45	7:53	15	51:17	78	1:12:51
Ilseburg/Markt	3.30	21:22	6:28	16	7:02	76	9:12	26.20	3:22:07	7:42	15	58:19	76	1:22:03