



48. Brockenlauf

Ilseburg / 01.09.2018

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Möller, Sabine

□□: TSC Wellingsbüttel
 □□: 248

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W55 (55-59 Jahre)

□□□: 3:22:41

□□: 7.70 km/h
 □□□□: 7:44 min/km

□□□□□/□□□: 463 (of 506)

□□□□□/□: 78 (of 90)

□□□□□□: 2:00:04

□□□□□: 6(of 6)

□□□□□□□: 2:42:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	23:55	7:14	5	4:21	77	9:14	3.30	23:55	7:14	5	4:21	77	9:14
Bremer Hütte	2.40	20:10	8:24	4	2:26	59	7:09	5.70	44:05	7:44	5	6:47	66	16:23
Hermannsklippe	3.30	27:31	8:20	4	4:23	59	9:25	9.00	1:11:36	7:57	5	11:10	67	25:48
Brocken	3.10	36:26	11:45	3	6:41	60	12:59	12.10	1:48:02	8:55	4	17:51	64	38:33
Eiserner Handwe	3.60	24:06	6:41	6	4:31	76	10:45	15.70	2:12:08	8:24	5	22:15	66	49:18
Bremer Hütte	4.10	30:18	7:23	6	7:30	81	13:52	19.80	2:42:26	8:12	5	29:45	73	1:03:10
Loddenke	3.10	17:41	5:42	6	5:17	87	9:03	22.90	3:00:07	7:51	5	35:02	74	1:12:13
Ilseburg/Markt	3.30	22:34	6:50	6	5:04	82	10:24	26.20	3:22:41	7:44	6	39:47	78	1:22:37