



48. Brockenlauf

Ilseburg / 01.09.2018

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Svensen, Charlotte

□□: Kolding Motion

□□: 18

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 3:26:27

□□: 7.56 km/h

□□□□: 7:53 min/km

□□□□□/□□□: 471 (of 506)

□□□□□/□: 80 (of 90)

□□□□□□: 2:00:04

□□□□□: 19(of 21)

□□□□□□□: 2:07:12

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	23:52	7:13	19	7:14	73	9:11	3.30	23:52	7:13	19	7:14	73	9:11	
Bremer Hütte	2.40	21:47	9:04	16	8:01	73	8:46	5.70	45:39	8:00	19	15:15	76	17:57	
Hermannsklippe	3.30	28:36	8:40	17	10:10	74	10:30	9.00	1:14:15	8:15	19	25:25	77	28:27	
Brocken	3.10	42:27	13:41	21	19:00	85	19:00	12.10	1:56:42	9:38	20	44:25	82	47:13	
Eiserner Handwe	3.60	24:49	6:53	19	9:51	80	11:28	15.70	2:21:31	9:00	20	54:16	82	58:41	
Bremer Hütte	4.10	27:42	6:45	19	10:15	74	11:16	19.80	2:49:13	8:32	20	1:04:31	82	1:09:57	
Loddenke	3.10	17:16	5:34	20	8:06	84	8:38	22.90	3:06:29	8:08	20	1:12:37	83	1:18:35	
Ilseburg/Markt	3.30	19:58	6:03	17	6:38	69	7:48	26.20	3:26:27	7:52	19	1:19:15	80	1:26:23	