



48. Brockenlauf

Ilseburg / 01.09.2018

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Roedtnes, Marianne

□□: Kolding Motion

□□: 290

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W50 (50-54 Jahre)

□□□: 3:26:27

□□: 7.56 km/h

□□□□: 7:53 min/km

□□□□□/□□□: 472 (of 506)

□□□□□/□: 80 (of 90)

□□□□□□: 2:00:04

□□□□□: 16(of 16)

□□□□□□□: 2:23:48

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	23:53	7:14	15	5:05	76	9:12	3.30	23:53	7:14	15	5:05	76	9:12
Bremer Hütte	2.40	21:45	9:03	12	6:30	72	8:44	5.70	45:38	8:00	13	11:35	75	17:56
Hermannsklippe	3.30	28:37	8:40	12	7:51	75	10:31	9.00	1:14:15	8:15	14	19:26	77	28:27
Brocken	3.10	42:27	13:41	15	15:08	85	19:00	12.10	1:56:42	9:38	15	34:34	82	47:13
Eiserner Handwe	3.60	24:54	6:54	16	7:49	81	11:33	15.70	2:21:36	9:01	16	42:23	83	58:46
Bremer Hütte	4.10	27:37	6:44	15	8:05	73	11:11	19.80	2:49:13	8:32	16	50:28	82	1:09:57
Loddenke	3.10	16:51	5:26	16	6:08	81	8:13	22.90	3:06:04	8:07	16	56:36	82	1:18:10
Ilseburg/Markt	3.30	20:23	6:10	14	6:03	70	8:13	26.20	3:26:27	7:52	16	1:02:39	80	1:26:23