



48. Brockenlauf

Ilseburg / 01.09.2018

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Meinhardt, Melissa

□□: Ausdauerschule by bunert

□□: 264

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W30 (30-34 Jahre)

□□□: 3:37:31

□□: 7.17 km/h

□□□□: 8:18 min/km

□□□□□/□□□: 481 (of 506)

□□□□□/□: 85 (of 90)

□□□□□□: 2:00:04

□□□□□: 8(of 8)

□□□□□□□: 2:23:20

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	24:03	7:17	8	7:19	79	9:22	3.30	24:03	7:17	8	7:19	79	9:22	
Bremer Hütte	2.40	23:35	9:49	8	8:56	87	10:34	5.70	47:38	8:21	8	16:15	85	19:56	
Hermannsklippe	3.30	30:58	9:23	8	10:49	85	12:52	9.00	1:18:36	8:43	8	27:04	86	32:48	
Brocken	3.10	44:03	14:12	8	16:28	88	20:36	12.10	2:02:39	10:08	8	43:22	87	53:10	
Eiserner Handwe	3.60	27:04	7:31	8	10:23	86	13:43	15.70	2:29:43	9:32	8	53:04	85	1:06:53	
Bremer Hütte	4.10	28:26	6:56	8	8:21	78	12:00	19.80	2:58:09	8:59	8	1:00:36	85	1:18:53	
Loddenke	3.10	17:34	5:39	8	7:24	86	8:56	22.90	3:15:43	8:32	8	1:07:08	85	1:27:49	
Ilseburg/Markt	3.30	21:48	6:36	8	8:15	79	9:38	26.20	3:37:31	8:18	8	1:14:11	85	1:37:27	