



48. Brockenlauf

Ilseburg / 01.09.2018

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Bluschke, Monika

□□: LG Osterwieck
 □□: 452

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W60 (60-64 Jahre)

□□□: 4:01:50

□□: 6.50 km/h
 □□□□: 9:14 min/km

□□□□□/□□□: 498 (of 506)

□□□□□/□: 89 (of 90)

□□□□□□: 2:00:04

□□□□□: 3(of 4)

□□□□□□□: 3:28:00

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	30:31	9:14	3	6:34	89	15:50	3.30	30:31	9:14	3	6:34	89	15:50	
Bremer Hütte	2.40	25:56	10:48	3	5:33	88	12:55	5.70	56:27	9:54	3	11:21	89	28:45	
Hermannsklippe	3.30	35:12	10:40	3	7:23	89	17:06	9.00	1:31:39	10:11	4	34:44	90	45:51	
Brocken	3.10	45:59	14:50	4	10:46	89	22:32	12.10	2:17:38	11:22	4	43:35	90	1:08:09	
Eiserner Handwe	3.60	28:24	7:53	3	3:59	87	15:03	15.70	2:46:02	10:34	3	31:43	89	1:23:12	
Bremer Hütte	4.10	30:49	7:30	1	-	84	14:23	19.80	3:16:51	9:56	3	29:56	88	1:37:35	
Loddenke	3.10	19:00	6:07	3	2:15	89	10:22	22.90	3:35:51	9:25	3	30:36	89	1:47:57	
Ilseburg/Markt	3.30	25:59	7:52	3	3:14	89	13:49	26.20	4:01:50	9:13	3	33:50	89	2:01:46	