



42. Brockenlauf

Ilseburg / 01.09.2012

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Ahlers, Klara

□□: Wennigsen

□□: 332

□□: 26.20 km

Brockenlauf

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 3:07:57

□□: 8.30 km/h

□□□□: 7:10 min/km

□□□□□/□□□: 392 (of 426)

□□□□□/□: 48 (of 55)

□□□□□□: 2:09:06

□□□□□: 13(of 14)

□□□□□□□: 2:23:23

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	23:23	7:05	13	5:48	48	7:58	3.30	23:23	7:05	13	5:48	21	1:23	
Schlüsie	3.10	23:52	7:41	10	5:23	42	6:39	6.40	47:15	7:22	13	11:11	21	0:22	
Hermannsklippe	2.60	20:59	8:04	6	3:47	34	5:22	9.00	1:08:14	7:34	13	14:58	21		
Brocken	3.10	33:48	10:54	6	5:26	35	9:19	12.10	1:42:02	8:25	13	20:24	21		
Eiserner Handwe	3.60	24:54	6:54	14	7:38	54	10:14	15.70	2:06:56	8:05	13	28:02	21	0:04	
Schlüsie	4.10	22:07	5:23	13	6:01	48	7:45	19.80	2:29:03	7:31	13	34:03	21	2:35	
Loddenke	3.10	18:15	5:53	14	5:10	51	8:55	22.90	2:47:18	7:18	13	39:13	21	4:49	
Ilseburg/Markt	3.30	20:39	6:15	14	5:21	50	7:10	26.20	3:07:57	7:10	13	44:34	48	58:51	