



# 43. Brockenlauf

Ilseburg / 07.09.2013

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**Weißenberger, Sandra**

□□: Hannover

□□: 92

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W30 (30-34 Jahre)

□□□: 2:58:13

□□: 8.75 km/h

□□□□: 6:48 min/km

□□□□□/□□□: 324 (of 456)

□□□□□/□: 37 (of 57)

□□□□□□: 2:11:42

□□□□□: 5(of 5)

□□□□□□□: 2:18:44

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:20	6:46	5	5:58	48	6:39	3.30	22:20	6:46	5	5:58	9	
Schlüsie	3.10	23:30	7:34	5	5:18	43	6:06	6.40	45:50	7:09	5	11:16	9	
Hermannsklippe	2.60	20:40	7:56	5	3:40	34	5:24	9.00	1:06:30	7:23	5	14:56	9	
Brocken	3.10	34:09	11:00	5	5:21	31	9:44	12.10	1:40:39	8:19	5	20:17	9	
Eiserner Handwe	3.60	21:56	6:05	5	5:56	40	6:05	15.70	2:02:35	7:48	5	26:13	9	
Schlüsie	4.10	19:41	4:48	4	4:46	30	5:18	19.80	2:22:16	7:11	5	30:59	9	
Loddenke	3.10	16:38	5:21	5	4:04	36	4:23	22.90	2:38:54	6:56	5	35:03	9	
Ilseburg/Markt	3.30	19:19	5:51	5	4:26	43	5:59	26.20	2:58:13	6:48	5	39:29	37	46:31