



43. Brockenlauf

Ilseburg / 07.09.2013

□□□□

Götzinger, Annemarie

□□: Sassenburg
□□: 432

□□: 26.20 km
26,2 km - Lauf

□□□□:
Seniorinnen W45 (45-49 Jahre)

□□□: 2:58:56

□□: 8.72 km/h
□□□□: 6:50 min/km

□□□□□/□□□□: 329 (of 456)

□□□□□/□: 38 (of 57)

□□□□□□: 2:11:42

□□□□□: 7(of 13)

□□□□□□□: 2:27:27

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:23	6:10	4	1:49	27	4:42	3.30	20:23	6:10	7	1:49	10	
Schlüsie	3.10	22:19	7:11	5	2:17	32	4:55	6.40	42:42	6:40	7	4:06	10	
Hermannsklippe	2.60	20:36	7:55	5	2:22	32	5:20	9.00	1:03:18	7:01	7	6:28	10	
Brocken	3.10	34:31	11:08	5	4:11	33	10:06	12.10	1:37:49	8:05	7	10:38	10	
Eiserner Handwe	3.60	23:02	6:23	9	6:40	46	7:11	15.70	2:00:51	7:41	7	17:18	10	
Schlüsie	4.10	22:18	5:26	9	6:32	44	7:55	19.80	2:23:09	7:13	7	23:50	10	
Loddenke	3.10	17:26	5:37	8	4:13	41	5:11	22.90	2:40:35	7:00	7	28:03	10	
Ilseburg/Markt	3.30	18:21	5:33	7	3:26	36	5:01	26.20	2:58:56	6:49	7	31:29	38	47:14