



# 43. Brockenlauf

Ilseburg / 07.09.2013

□□□□

Sachse, Evelyn

□□: Eintracht Hildesheim  
 □□: 265

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Seniorinnen W40 (40-44 Jahre)

□□□: 3:01:33

□□: 8.59 km/h  
 □□□□: 6:56 min/km

□□□□□/□□□: 344 (of 456)

□□□□□/□: 42 (of 57)

□□□□□□: 2:11:42

□□□□□: 9(of 11)

□□□□□□□: 2:25:06

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:12	6:07	7	3:09	25	4:31	3.30	20:12	6:07	9	3:09	14		
Schlüsie	3.10	21:51	7:02	7	2:36	25	4:27	6.40	42:03	6:34	9	5:45	14		
Hermannsklippe	2.60	22:16	8:33	10	5:08	42	7:00	9.00	1:04:19	7:08	9	10:53	14		
Brocken	3.10	34:54	11:15	8	5:51	36	10:29	12.10	1:39:13	8:11	9	16:44	14		
Eiserner Handwe	3.60	24:16	6:44	11	7:01	50	8:25	15.70	2:03:29	7:51	9	23:45	14		
Schlüsie	4.10	24:57	6:05	11	8:17	54	10:34	19.80	2:28:26	7:29	9	32:02	14	0:41	
Loddenke	3.10	15:49	5:06	7	2:11	29	3:34	22.90	2:44:15	7:10	9	34:13	14		
Ilseburg/Markt	3.30	17:18	5:14	5	2:14	26	3:58	26.20	3:01:33	6:55	9	36:27	42	49:51	