



43. Brockenlauf

Ilseburg / 07.09.2013

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Börner, Sabine

□□: Gaensefurther Sportbewegung
 □□: 215

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W45 (45-49 Jahre)

□□□: 3:24:39

□□: 7.68 km/h
 □□□□: 7:49 min/km

□□□□□/□□□: 417 (of 456)

□□□□□/□: 50 (of 57)

□□□□□□: 2:11:42

□□□□□: 10(of 13)

□□□□□□□: 2:27:27

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:53	6:37	9	3:19	43	6:12	3.30	21:53	6:37	10	3:19	22	
Schlüsie	3.10	24:45	7:59	11	4:43	48	7:21	6.40	46:38	7:17	10	8:02	22	0:46
Hermannsklippe	2.60	23:52	9:10	10	5:38	48	8:36	9.00	1:10:30	7:49	10	13:40	22	1:59
Brocken	3.10	40:51	13:10	11	10:31	50	16:26	12.10	1:51:21	9:12	10	24:10	22	6:30
Eiserner Handwe	3.60	25:14	7:00	10	8:52	53	9:23	15.70	2:16:35	8:41	10	33:02	22	10:12
Schlüsie	4.10	22:45	5:32	10	6:59	47	8:22	19.80	2:39:20	8:02	10	40:01	22	11:35
Loddenke	3.10	20:39	6:39	11	7:26	53	8:24	22.90	2:59:59	7:51	10	47:27	22	15:40
Ilseburg/Markt	3.30	24:40	7:28	12	9:45	55	11:20	26.20	3:24:39	7:48	10	57:12	50	1:12:57