



43. Brockenlauf

Ilseburg / 07.09.2013

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Werner, Sigrun

□□: LG Kleines Fenn
 □□: 149

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W45 (45-49 Jahre)

□□□: 3:27:12

□□: 7.53 km/h
 □□□□: 7:55 min/km

□□□□□/□□□: 425 (of 456)

□□□□□/□: 52 (of 57)

□□□□□□: 2:11:42

□□□□□: 12(of 13)

□□□□□□□: 2:27:27

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:36	6:32	8	3:02	41	5:55	3.30	21:36	6:32	12	3:02	24	
Schlüsie	3.10	25:47	8:19	12	5:45	51	8:23	6.40	47:23	7:24	12	8:47	24	1:31
Hermannsklippe	2.60	24:45	9:31	12	6:31	51	9:29	9.00	1:12:08	8:00	12	15:18	24	3:37
Brocken	3.10	38:20	12:21	10	8:00	47	13:55	12.10	1:50:28	9:07	12	23:17	24	5:37
Eiserner Handwe	3.60	26:19	7:18	12	9:57	55	10:28	15.70	2:16:47	8:42	12	33:14	24	10:24
Schlüsie	4.10	27:56	6:48	12	12:10	55	13:33	19.80	2:44:43	8:19	12	45:24	24	16:58
Loddenke	3.10	20:52	6:43	12	7:39	54	8:37	22.90	3:05:35	8:06	12	53:03	24	21:16
Ilseburg/Markt	3.30	21:37	6:33	10	6:42	52	8:17	26.20	3:27:12	7:54	12	59:45	52	1:15:30