



44. Brockenlauf

Ilseburg / 06.09.2014

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Staebe, Erika

□□: LC Blueliner
 □□: 103

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W50 (50-54 Jahre)

□□□: 2:24:48

□□: 10.77 km/h
 □□□□: 5:32 min/km

□□□□□/□□□: 107 (of 492)

□□□□□/□: 4 (of 77)

□□□□□□: 2:05:45

□□□□□: 1(of 10)

□□□□□□□: 2:24:48

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 16:28 | 4:59 | 1 | - | 3 | 1:35 | 3.30 | 16:28 | 4:59 | 1 | - | 56 | | |
| Schlüsie | 3.10 | 19:03 | 6:08 | 1 | - | 5 | 2:06 | 6.40 | 35:31 | 5:32 | 1 | - | 56 | | |
| Hermannsklippe | 2.60 | 17:01 | 6:32 | 1 | - | 4 | 1:52 | 9.00 | 52:32 | 5:50 | 1 | - | 55 | | |
| Brocken | 3.10 | 27:54 | 9:00 | 1 | - | 6 | 3:40 | 12.10 | 1:20:26 | 6:38 | 1 | - | 56 | | |
| Eiserner Handwe | 3.60 | 17:54 | 4:58 | 2 | 2:16 | 7 | 3:09 | 15.70 | 1:38:20 | 6:15 | 1 | - | 56 | | |
| Schlüsie | 4.10 | 17:37 | 4:17 | 2 | 2:04 | 12 | 3:18 | 19.80 | 1:55:57 | 5:51 | 1 | - | 56 | | |
| Loddenke | 3.10 | 13:56 | 4:29 | 1 | - | 6 | 1:43 | 22.90 | 2:09:53 | 5:40 | 1 | - | 56 | | |
| Ilseburg/Markt | 3.30 | 14:55 | 4:31 | 1 | - | 4 | 1:40 | 26.20 | 2:24:48 | 5:31 | 1 | - | 4 | 19:03 | |