



44. Brockenlauf

Ilseburg / 06.09.2014

□□□□

Hamann, Simone

□□: Ski-Club Springe

□□: 338

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 2:31:46

□□: 10.36 km/h

□□□□: 5:47 min/km

□□□□□/□□□: 155 (of 492)

□□□□□/□: 7 (of 77)

□□□□□□: 2:05:45

□□□□□: 1(of 26)

□□□□□□□: 2:31:46

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	18:20	5:33	1	-	8	3:27	3.30	18:20	5:33	14	-	-	53	
Schlüsie	3.10	19:39	6:20	1	-	6	2:42	6.40	37:59	5:56	14	-	-	53	
Hermannsklippe	2.60	17:43	6:48	1	-	6	2:34	9.00	55:42	6:11	14	-	-	53	
Brocken	3.10	29:04	9:22	1	-	9	4:50	12.10	1:24:46	7:00	14	-	-	53	
Eiserner Handwe	3.60	18:19	5:05	2	0:54	10	3:34	15.70	1:43:05	6:33	14	-	-	53	
Schlüsie	4.10	17:34	4:17	3	0:50	11	3:15	19.80	2:00:39	6:05	14	-	-	53	
Loddenke	3.10	14:33	4:41	4	0:45	15	2:20	22.90	2:15:12	5:54	14	-	-	53	
Ilseburg/Markt	3.30	16:34	5:01	6	1:41	19	3:19	26.20	2:31:46	5:47	1	-	-	7	26:01