



44. Brockenlauf

Ilseburg / 06.09.2014

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Kopp, Sonja

□□: Katlenburg-Lindau

□□: 74

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W35 (35-39 Jahre)

□□□: 2:49:51

□□: 9.18 km/h

□□□□: 6:29 min/km

□□□□□/□□□: 323 (of 492)

□□□□□/□: 26 (of 77)

□□□□□□: 2:05:45

□□□□□: 4(of 7)

□□□□□□□: 2:18:09

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 20:06 | 6:05 | 3 | 3:42 | 25 | 5:13 | 3.30 | 20:06 | 6:05 | 4 | 3:42 | 70 | | |
| Schlüsie | 3.10 | 21:41 | 6:59 | 3 | 3:23 | 22 | 4:44 | 6.40 | 41:47 | 6:31 | 4 | 7:05 | 70 | | |
| Hermannsklippe | 2.60 | 21:20 | 8:12 | 5 | 4:50 | 40 | 6:11 | 9.00 | 1:03:07 | 7:00 | 4 | 11:55 | 70 | | |
| Brocken | 3.10 | 33:02 | 10:39 | 3 | 6:34 | 27 | 8:48 | 12.10 | 1:36:09 | 7:56 | 4 | 18:29 | 70 | | |
| Eiserner Handwe | 3.60 | 20:29 | 5:41 | 4 | 4:14 | 34 | 5:44 | 15.70 | 1:56:38 | 7:25 | 4 | 22:43 | 70 | | |
| Schlüsie | 4.10 | 19:46 | 4:49 | 5 | 5:22 | 38 | 5:27 | 19.80 | 2:16:24 | 6:53 | 4 | 26:20 | 70 | | |
| Loddenke | 3.10 | 15:46 | 5:05 | 5 | 2:47 | 30 | 3:33 | 22.90 | 2:32:10 | 6:38 | 4 | 29:07 | 70 | | |
| Ilseburg/Markt | 3.30 | 17:41 | 5:21 | 6 | 2:35 | 36 | 4:26 | 26.20 | 2:49:51 | 6:28 | 4 | 31:42 | 28 | 44:06 | |