



44. Brockenlauf

Ilseburg / 06.09.2014

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Bittner, Andrea

□□: LAV 07 Bad Harzburg e.V.

□□: 309

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W50 (50-54 Jahre)

□□□: 2:50:15

□□: 9.16 km/h

□□□□: 6:30 min/km

□□□□□/□□□: 330 (of 492)

□□□□□/□: 28 (of 77)

□□□□□□: 2:05:45

□□□□□: 4(of 10)

□□□□□□□: 2:24:48

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:42	5:58	3	3:14	18	4:49	3.30	19:42	5:58	4	3:14	59	
Schlüsie	3.10	22:35	7:17	5	3:32	32	5:38	6.40	42:17	6:36	4	6:46	59	
Hermannsklippe	2.60	20:43	7:58	7	3:42	34	5:34	9.00	1:03:00	7:00	4	10:28	68	
Brocken	3.10	33:52	10:55	6	5:58	32	9:38	12.10	1:36:52	8:00	4	16:26	59	
Eiserner Handwe	3.60	20:10	5:36	3	4:32	29	5:25	15.70	1:57:02	7:27	4	18:42	68	
Schlüsie	4.10	20:09	4:54	4	4:36	40	5:50	19.80	2:17:11	6:55	4	21:14	68	
Loddenke	3.10	15:52	5:07	5	1:56	33	3:39	22.90	2:33:03	6:41	4	23:10	68	
Ilseburg/Markt	3.30	17:12	5:12	5	2:17	27	3:57	26.20	2:50:15	6:29	4	25:27	30	44:30