



44. Brockenlauf

Ilseburg / 06.09.2014

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Fritsche, Simone

□□: Wernigerode

□□: 303

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W40 (40-44 Jahre)

□□□: 2:59:10

□□: 8.71 km/h

□□□□: 6:50 min/km

□□□□□/□□□: 384 (of 492)

□□□□□/□: 40 (of 77)

□□□□□□: 2:05:45

□□□□□: 8(of 12)

□□□□□□□: 2:32:40

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:21	6:28	9	2:48	38	6:28	3.30	21:21	6:28	9	2:43	18	0:20
Schlüsie	3.10	25:06	8:05	11	5:15	56	8:09	6.40	46:27	7:15	9	7:58	18	
Hermannsklippe	2.60	22:25	8:37	9	4:20	47	7:16	9.00	1:08:52	7:39	9	12:18	18	
Brocken	3.10	35:49	11:33	9	8:10	49	11:35	12.10	1:44:41	8:39	9	20:28	18	
Eiserner Handwe	3.60	20:30	5:41	9	2:17	37	5:45	15.70	2:05:11	7:58	9	21:29	18	
Schlüsie	4.10	19:43	4:48	9	2:17	36	5:24	19.80	2:24:54	7:19	9	22:13	18	
Loddenke	3.10	16:09	5:12	10	1:57	40	3:56	22.90	2:41:03	7:01	9	23:51	18	
Ilseburg/Markt	3.30	18:07	5:29	9	2:57	42	4:52	26.20	2:59:10	6:50	9	26:30	42	53:25