



44. Brockenlauf

Ilseburg / 06.09.2014

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Langbecker, Yvonne

□□□: 3:00:20

□□: ESV 49 Angermünde Laufgruppe -Die Lokvögel- □□: 8.65 km/h

□□: 215

□□□□: 6:53 min/km

□□: 26.20 km

□□□□□/□□□: 387 (of 492)

26,2 km - Lauf

□□□□□/□: 41 (of 77)

□□□□□□: 2:05:45

□□□□:

□□□□□: 12(of 26)

Seniorinnen W45 (45-49 Jahre)

□□□□□□□: 2:31:46

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 21:20 | 6:27 | 11 | 3:00 | 36 | 6:27 | 3.30 | 21:20 | 6:27 | 15 | | 17 | 0:19 |
| Schlüsie | 3.10 | 25:08 | 8:06 | 19 | 5:29 | 57 | 8:11 | 6.40 | 46:28 | 7:15 | 15 | 0:17 | 17 | |
| Hermannsklippe | 2.60 | 22:58 | 8:49 | 15 | 5:15 | 52 | 7:49 | 9.00 | 1:09:26 | 7:42 | 15 | 0:51 | 17 | |
| Brocken | 3.10 | 37:31 | 12:06 | 16 | 8:27 | 56 | 13:17 | 12.10 | 1:46:57 | 8:50 | 15 | 1:04 | 17 | |
| Eiserner Handwe | 3.60 | 20:40 | 5:44 | 13 | 3:15 | 40 | 5:55 | 15.70 | 2:07:37 | 8:07 | 15 | 0:46 | 17 | |
| Schlüsie | 4.10 | 19:44 | 4:48 | 12 | 3:00 | 37 | 5:25 | 19.80 | 2:27:21 | 7:26 | 15 | | 17 | 0:14 |
| Loddenke | 3.10 | 15:27 | 4:59 | 8 | 1:39 | 27 | 3:14 | 22.90 | 2:42:48 | 7:06 | 15 | | 17 | |
| Ilseburg/Markt | 3.30 | 17:32 | 5:18 | 10 | 2:39 | 32 | 4:17 | 26.20 | 3:00:20 | 6:52 | 13 | 28:34 | 43 | 54:35 |