



44. Brockenlauf

Ilseburg / 06.09.2014

□□□□

Freisdted, Ines

□□: 1060

□□: 26.20 km
26,2 km - Lauf

□□□□:
Seniorinnen W45 (45-49 Jahre)

□□□: 3:01:10

□□: 8.61 km/h
□□□□: 6:55 min/km

□□□□□/□□□: 394 (of 492)

□□□□□/□: 44 (of 77)

□□□□□□: 2:05:45

□□□□□: 13(of 26)

□□□□□□□: 2:31:46

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:36	6:32	12	3:16	39	6:43	3.30	21:36	6:32	1	-	14	0:35	
Schlüsie	3.10	24:35	7:55	15	4:56	51	7:38	6.40	46:11	7:12	1	-	14		
Hermannsklippe	2.60	22:24	8:36	12	4:41	46	7:15	9.00	1:08:35	7:37	1	-	14		
Brocken	3.10	37:18	12:01	14	8:14	53	13:04	12.10	1:45:53	8:45	1	-	14		
Eiserner Handwe	3.60	20:58	5:49	16	3:33	45	6:13	15.70	2:06:51	8:04	1	-	14		
Schlüsie	4.10	20:51	5:05	19	4:07	48	6:32	19.80	2:27:42	7:27	1	-	14	0:35	
Loddenke	3.10	16:00	5:09	10	2:12	36	3:47	22.90	2:43:42	7:08	1	-	14		
Ilseburg/Markt	3.30	17:28	5:17	9	2:35	31	4:13	26.20	3:01:10	6:54	14	29:24	46	55:25	