



44. Brockenlauf

Ilseburg / 06.09.2014

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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 |