



44. Brockenlauf

Ilseburg / 06.09.2014

□□□□

Weißenberger, Sandra

□□: Hannover

□□: 121

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W30 (30-34 Jahre)

□□□: 3:05:23

□□: 8.41 km/h

□□□□: 7:05 min/km

□□□□□/□□□: 419 (of 492)

□□□□□/□: 50 (of 77)

□□□□□□: 2:05:45

□□□□□: 6(of 7)

□□□□□□□: 2:15:56

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:57	6:57	7	6:23	64	8:04	3.30	22:57	6:57	6	6:23	8	1:56
Schlüsie	3.10	23:42	7:38	6	5:34	45	6:45	6.40	46:39	7:17	6	11:57	8	0:02
Hermannsklippe	2.60	23:02	8:51	7	6:32	53	7:53	9.00	1:09:41	7:44	6	18:29	8	
Brocken	3.10	32:12	10:23	3	6:57	20	7:58	12.10	1:41:53	8:25	6	25:26	8	
Eiserner Handwe	3.60	22:14	6:10	6	6:04	55	7:29	15.70	2:04:07	7:54	6	31:30	8	
Schlüsie	4.10	21:08	5:09	6	4:42	54	6:49	19.80	2:25:15	7:20	6	36:12	8	
Loddenke	3.10	18:39	6:00	6	5:36	60	6:26	22.90	2:43:54	7:09	6	41:48	8	
Ilseburg/Markt	3.30	21:29	6:30	7	7:39	65	8:14	26.20	3:05:23	7:04	6	49:27	52	59:38