



44. Brockenlauf

Ilseburg / 06.09.2014

□□□□

Schmidt, Katrin

□□: Ihleläufer Burg

□□: 301

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W40 (40-44 Jahre)

□□□: 3:06:25

□□: 8.37 km/h

□□□□: 7:07 min/km

□□□□□/□□□□: 424 (of 492)

□□□□□/□: 52 (of 77)

□□□□□□: 2:05:45

□□□□□: 10(of 12)

□□□□□□□: 2:32:40

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 22:04 | 6:41 | 11 | 3:31 | 48 | 7:11 | 3.30 | 22:04 | 6:41 | 11 | 3:26 | 5 | 1:03 |
| Schlüsie | 3.10 | 24:54 | 8:01 | 10 | 5:03 | 54 | 7:57 | 6.40 | 46:58 | 7:20 | 11 | 8:29 | 4 | 0:21 |
| Hermannsklippe | 2.60 | 23:32 | 9:03 | 11 | 5:27 | 57 | 8:23 | 9.00 | 1:10:30 | 7:49 | 11 | 13:56 | 5 | 0:20 |
| Brocken | 3.10 | 37:22 | 12:03 | 10 | 9:43 | 54 | 13:08 | 12.10 | 1:47:52 | 8:54 | 11 | 23:39 | 5 | 0:33 |
| Eiserner Handwe | 3.60 | 22:21 | 6:12 | 11 | 4:08 | 56 | 7:36 | 15.70 | 2:10:13 | 8:17 | 11 | 26:31 | 6 | 2:25 |
| Schlüsie | 4.10 | 21:36 | 5:16 | 11 | 4:10 | 58 | 7:17 | 19.80 | 2:31:49 | 7:40 | 11 | 29:08 | 6 | 4:42 |
| Loddenke | 3.10 | 16:30 | 5:19 | 11 | 2:18 | 42 | 4:17 | 22.90 | 2:48:19 | 7:21 | 11 | 31:07 | 5 | 4:17 |
| Ilseburg/Markt | 3.30 | 18:06 | 5:29 | 8 | 2:56 | 39 | 4:51 | 26.20 | 3:06:25 | 7:06 | 11 | 33:45 | 54 | 1:00:40 |