



44. Brockenlauf

Ilseburg / 06.09.2014

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Domine, Ute

□□: Schermen

□□: 453

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 3:06:25

□□: 8.37 km/h

□□□□: 7:07 min/km

□□□□□/□□□: 425 (of 492)

□□□□□/□: 52 (of 77)

□□□□□□: 2:05:45

□□□□□: 16(of 26)

□□□□□□□: 2:31:46

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:04	6:41	15	3:44	48	7:11	3.30	22:04	6:41	11	0:28	5	1:03
Schlüsie	3.10	24:54	8:01	18	5:15	54	7:57	6.40	46:58	7:20	10	0:47	4	0:21
Hermannsklippe	2.60	23:32	9:03	18	5:49	57	8:23	9.00	1:10:30	7:49	11	1:55	5	0:20
Brocken	3.10	37:22	12:03	15	8:18	54	13:08	12.10	1:47:52	8:54	11	1:59	5	0:33
Eiserner Handwe	3.60	22:28	6:14	21	5:03	57	7:43	15.70	2:10:20	8:18	11	3:29	5	2:32
Schlüsie	4.10	21:30	5:14	20	4:46	57	7:11	19.80	2:31:50	7:40	11	4:08	5	4:43
Loddenke	3.10	16:29	5:19	12	2:41	41	4:16	22.90	2:48:19	7:21	11	4:37	5	4:17
Ilseburg/Markt	3.30	18:06	5:29	12	3:13	39	4:51	26.20	3:06:25	7:06	17	34:39	54	1:00:40