



44. Brockenlauf

Ilseburg / 06.09.2014

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Börner, Sabine

□□: Gaensefurther Sportbewegung
 □□: 191

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W45 (45-49 Jahre)

□□□: 3:06:44

□□: 8.35 km/h
 □□□□: 7:08 min/km

□□□□□/□□□: 426 (of 492)

□□□□□/□: 54 (of 77)

□□□□□□: 2:05:45

□□□□□: 17(of 26)

□□□□□□□: 2:31:46

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:14	6:44	16	3:54	50	7:21	3.30	22:14	6:44	10	0:38	4	1:13
Schlüsie	3.10	24:44	7:58	16	5:05	52	7:47	6.40	46:58	7:20	10	0:47	4	0:21
Hermannsklippe	2.60	23:59	9:13	21	6:16	62	8:50	9.00	1:10:57	7:53	10	2:22	4	0:47
Brocken	3.10	40:10	12:57	23	11:06	70	15:56	12.10	1:51:07	9:10	10	5:14	4	3:48
Eiserner Handwe	3.60	20:10	5:36	10	2:45	29	5:25	15.70	2:11:17	8:21	10	4:26	4	3:29
Schlüsie	4.10	19:34	4:46	11	2:50	35	5:15	19.80	2:30:51	7:37	10	3:09	4	3:44
Loddenke	3.10	17:01	5:29	17	3:13	51	4:48	22.90	2:47:52	7:19	10	4:10	4	3:50
Ilseburg/Markt	3.30	18:52	5:43	16	3:59	46	5:37	26.20	3:06:44	7:07	18	34:58	56	1:00:59