



44. Brockenlauf
Ilseburg / 06.09.2014

□□□□

Zecha, Janine

□□□: 3:11:41

□□: 1077

□□: 8.14 km/h

□□□□: 7:19 min/km

□□: 26.20 km

□□□□□/□□□: 439 (of 492)

26,2 km - Lauf

□□□□□/□: 57 (of 77)

□□□□□□: 2:05:45

□□□□:

□□□□□: 7(of 7)

Seniorinnen W30 (30-34 Jahre)

□□□□□□□: 2:15:56

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:48	6:54	6	6:14	62	7:55	3.30	22:48	6:54	7	6:14	11	1:47	
Schlüsie	3.10	23:10	7:28	4	5:02	40	6:13	6.40	45:58	7:10	7	11:16	11		
Hermannsklippe	2.60	21:30	8:16	4	5:00	42	6:21	9.00	1:07:28	7:29	7	16:16	11		
Brocken	3.10	34:52	11:14	6	9:37	41	10:38	12.10	1:42:20	8:27	7	25:53	11		
Eiserner Handwe	3.60	24:50	6:53	7	8:40	70	10:05	15.70	2:07:10	8:05	7	34:33	11		
Schlüsie	4.10	25:17	6:10	7	8:51	69	10:58	19.80	2:32:27	7:41	7	43:24	11	5:20	
Loddenke	3.10	19:13	6:11	7	6:10	63	7:00	22.90	2:51:40	7:29	7	49:34	11	7:38	
Ilseburg/Markt	3.30	20:01	6:03	6	6:11	58	6:46	26.20	3:11:41	7:18	7	55:45	59	1:05:56	