



44. Brockenlauf

Ilseburg / 06.09.2014

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Schwerdtfeger, Kirsten

□□: Dasseler SC
 □□: 374

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W45 (45-49 Jahre)

□□□: 3:14:25

□□: 8.02 km/h
 □□□□: 7:25 min/km

□□□□□/□□□: 445 (of 492)

□□□□□/□: 60 (of 77)

□□□□□□: 2:05:45

□□□□□: 21(of 26)

□□□□□□□: 2:31:46

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:31	6:49	21	4:11	58	7:38	3.30	22:31	6:49	6	0:55	37	1:30	
Schlüsie	3.10	24:53	8:01	17	5:14	53	7:56	6.40	47:24	7:24	6	1:13	37	0:47	
Hermannsklippe	2.60	23:29	9:01	17	5:46	56	8:20	9.00	1:10:53	7:52	6	2:18	37	0:43	
Brocken	3.10	37:57	12:14	18	8:53	59	13:43	12.10	1:48:50	8:59	6	2:57	37	1:31	
Eiserner Handwe	3.60	22:29	6:14	22	5:04	58	7:44	15.70	2:11:19	8:21	6	4:28	37	3:31	
Schlüsie	4.10	23:47	5:48	23	7:03	67	9:28	19.80	2:35:06	7:50	6	7:24	37	7:59	
Loddenke	3.10	19:16	6:12	22	5:28	64	7:03	22.90	2:54:22	7:36	6	10:40	37	10:20	
Ilseburg/Markt	3.30	20:03	6:04	22	5:10	59	6:48	26.20	3:14:25	7:25	22	42:39	62	1:08:40	