



44. Brockenlauf

Ilseburg / 06.09.2014

□□□□

Bunk, Heike

□□: Kassel

□□: 410

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W50 (50-54 Jahre)

□□□: 3:18:34

□□: 7.86 km/h

□□□□: 7:35 min/km

□□□□□/□□□: 452 (of 492)

□□□□□/□: 63 (of 77)

□□□□□□: 2:05:45

□□□□□: 9(of 10)

□□□□□□□: 2:24:48

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	26:01	7:53	10	9:33	75	11:08	3.30	26:01	7:53	9	9:33	34	5:00	
Schlüsie	3.10	27:35	8:53	10	8:32	70	10:38	6.40	53:36	8:22	9	18:05	34	6:59	
Hermannsklippe	2.60	22:49	8:46	9	5:48	50	7:40	9.00	1:16:25	8:29	9	23:53	34	6:15	
Brocken	3.10	35:28	11:26	8	7:34	48	11:14	12.10	1:51:53	9:14	9	31:27	34	4:34	
Eiserner Handwe	3.60	24:21	6:45	10	8:43	69	9:36	15.70	2:16:14	8:40	9	37:54	34	8:26	
Schlüsie	4.10	20:53	5:05	6	5:20	49	6:34	19.80	2:37:07	7:56	9	41:10	34	10:00	
Loddenke	3.10	19:56	6:25	9	6:00	66	7:43	22.90	2:57:03	7:43	9	47:10	34	13:01	
Ilseburg/Markt	3.30	21:31	6:31	9	6:36	66	8:16	26.20	3:18:34	7:34	9	53:46	65	1:12:49	