



44. Brockenlauf

Ilseburg / 06.09.2014

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Moll, Elke

□□: MTV Vorsfelde Marathon
 □□: 341

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W55 (55-59 Jahre)

□□□: 3:27:43

□□: 7.51 km/h
 □□□□: 7:56 min/km

□□□□□/□□□: 468 (of 492)

□□□□□/□: 66 (of 77)

□□□□□□: 2:05:45

□□□□□: 3(of 4)

□□□□□□□: 2:26:53

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	24:39	7:28	3	7:38	70	9:46	3.30	24:39	7:28	3	7:38	21	3:38
Schlüsie	3.10	27:04	8:43	3	8:35	68	10:07	6.40	51:43	8:04	3	16:13	21	5:06
Hermannsklippe	2.60	26:14	10:05	3	9:12	72	11:05	9.00	1:17:57	8:39	3	25:25	21	7:47
Brocken	3.10	41:04	13:14	3	14:43	72	16:50	12.10	1:59:01	9:50	3	40:08	21	11:42
Eiserner Handwe	3.60	22:58	6:22	3	5:01	63	8:13	15.70	2:21:59	9:02	3	45:09	21	14:11
Schlüsie	4.10	25:41	6:15	4	8:11	72	11:22	19.80	2:47:40	8:28	3	53:20	21	20:33
Loddenke	3.10	19:00	6:07	3	4:07	62	6:47	22.90	3:06:40	8:09	3	57:27	21	22:38
Ilseburg/Markt	3.30	21:03	6:22	3	3:23	64	7:48	26.20	3:27:43	7:55	3	1:00:50	68	1:21:58