



44. Brockenlauf

Ilseburg / 06.09.2014

□□□□

Moll, Elke

□□: MTV Vorsfelde Marathon
 □□: 341

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W55 (55-59 Jahre)

□□□: 3:27:43

□□: 7.57 km/h
 □□□□: 7:56 min/km

□□□□□/□□□: 468 (of 492)

□□□□□/□: 66 (of 77)

□□□□□□: 2:05:45

□□□□□: 3(of 4)

□□□□□□□: 2:26:53

□□□□

□□□□

□□□

| □□□ | □□ 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 |