



# 44. Brockenlauf

Ilsenburg / 06.09.2014

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Lambeck, Katrin

□□: Ilmenau  
 □□: 437

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Seniorinnen W40 (40-44 Jahre)

□□□: 3:29:29

□□: 7.45 km/h  
 □□□□: 8:00 min/km

□□□□□/□□□: 470 (of 492)

□□□□□/□: 68 (of 77)

□□□□□□: 2:05:45

□□□□□: 11(of 12)

□□□□□□□: 2:32:40

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:59	6:39	10	3:26	45	7:06	3.30	21:59	6:39	12	3:21	29	0:58
Schlüsie	3.10	27:27	8:51	12	7:36	69	10:30	6.40	49:26	7:43	12	10:57	29	2:49
Hermannsklippe	2.60	26:21	10:08	12	8:16	73	11:12	9.00	1:15:47	8:25	12	19:13	29	5:37
Brocken	3.10	43:06	13:54	12	15:27	75	18:52	12.10	1:58:53	9:49	12	34:40	29	11:34
Eiserner Handwe	3.60	22:36	6:16	12	4:23	59	7:51	15.70	2:21:29	9:00	12	37:47	29	13:41
Schlüsie	4.10	26:12	6:23	12	8:46	73	11:53	19.80	2:47:41	8:28	12	45:00	29	20:34
Loddenke	3.10	19:58	6:26	12	5:46	67	7:45	22.90	3:07:39	8:11	12	50:27	29	23:37
Ilsenburg/Markt	3.30	21:50	6:36	12	6:40	68	8:35	26.20	3:29:29	7:59	12	56:49	70	1:23:44