



44. Brockenlauf

Ilseburg / 06.09.2014

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Werner, Sigrun

□□: LG Kleines Fenn
 □□: 169

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W45 (45-49 Jahre)

□□□: 3:31:03

□□: 7.39 km/h
 □□□□: 8:04 min/km

□□□□□/□□□: 472 (of 492)

□□□□□/□: 69 (of 77)

□□□□□□: 2:05:45

□□□□□: 23(of 26)

□□□□□□□: 2:31:46

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:34	6:50	22	4:14	60	7:41	3.30	22:34	6:50	4	0:58	28	1:33
Schlüsie	3.10	26:01	8:23	21	6:22	62	9:04	6.40	48:35	7:35	4	2:24	28	1:58
Hermannsklippe	2.60	25:27	9:47	23	7:44	68	10:18	9.00	1:14:02	8:13	4	5:27	28	3:52
Brocken	3.10	38:36	12:27	19	9:32	60	14:22	12.10	1:52:38	9:18	4	6:45	28	5:19
Eiserner Handwe	3.60	27:34	7:39	26	10:09	76	12:49	15.70	2:20:12	8:55	4	13:21	28	12:24
Schlüsie	4.10	27:40	6:44	26	10:56	77	13:21	19.80	2:47:52	8:28	4	20:10	28	20:45
Loddenke	3.10	20:49	6:42	25	7:01	72	8:36	22.90	3:08:41	8:14	4	24:59	28	24:39
Ilseburg/Markt	3.30	22:22	6:46	23	7:29	70	9:07	26.20	3:31:03	8:03	24	59:17	71	1:25:18