



# 44. Brockenlauf

Ilseburg / 06.09.2014

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**Matthies, Ines**

□□: SC Demker 95 e.V.  
 □□: 313

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Seniorinnen W45 (45-49 Jahre)

□□□: 3:35:53

□□: 7.23 km/h  
 □□□□: 8:14 min/km

□□□□□/□□□: 477 (of 492)

□□□□□/□: 72 (of 77)

□□□□□□: 2:05:45

□□□□□: 24(of 26)

□□□□□□□: 2:31:46

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	24:57	7:33	26	6:37	74	10:04	3.30	24:57	7:33	3	3:21	25	3:56
Schlüsie	3.10	27:44	8:56	24	8:05	71	10:47	6.40	52:41	8:13	3	6:30	25	6:04
Hermannsklippe	2.60	26:05	10:01	24	8:22	71	10:56	9.00	1:18:46	8:45	3	10:11	25	8:36
Brocken	3.10	39:45	12:49	22	10:41	67	15:31	12.10	1:58:31	9:47	3	12:38	25	11:12
Eiserner Handwe	3.60	25:56	7:12	24	8:31	72	11:11	15.70	2:24:27	9:12	3	17:36	25	16:39
Schlüsie	4.10	26:30	6:27	24	9:46	74	12:11	19.80	2:50:57	8:38	3	23:15	25	23:50
Loddenke	3.10	20:48	6:42	24	7:00	71	8:35	22.90	3:11:45	8:22	3	28:03	25	27:43
Ilseburg/Markt	3.30	24:08	7:18	26	9:15	75	10:53	26.20	3:35:53	8:14	25	1:04:07	74	1:30:08