



44. Brockenlauf

Ilsenburg / 06.09.2014

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Tiede, Kerstin Emma

□□: Ilsenburg

□□: 383

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 3:40:46

□□: 7.07 km/h

□□□□: 8:26 min/km

□□□□□/□□□: 483 (of 492)

□□□□□/□: 74 (of 77)

□□□□□□: 2:05:45

□□□□□: 25(of 26)

□□□□□□□: 2:31:46

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	24:40	7:28	25	6:20	72	9:47	3.30	24:40	7:28	2	3:04	23	3:39	
Schlüsie	3.10	28:07	9:04	25	8:28	74	11:10	6.40	52:47	8:14	2	6:36	23	6:10	
Hermannsklippe	2.60	26:22	10:08	25	8:39	74	11:13	9.00	1:19:09	8:47	2	10:34	23	8:59	
Brocken	3.10	41:20	13:20	25	12:16	73	17:06	12.10	2:00:29	9:57	2	14:36	23	13:10	
Eiserner Handwe	3.60	26:35	7:23	25	9:10	74	11:50	15.70	2:27:04	9:22	2	20:13	23	19:16	
Schlüsie	4.10	27:05	6:36	25	10:21	76	12:46	19.80	2:54:09	8:47	2	26:27	23	27:02	
Loddenke	3.10	22:30	7:15	26	8:42	77	10:17	22.90	3:16:39	8:35	2	32:57	23	32:37	
Ilsenburg/Markt	3.30	24:07	7:18	25	9:14	74	10:52	26.20	3:40:46	8:25	26	1:09:00	76	1:35:01	