



45. Brockenlauf

Ilseburg / 05.09.2015

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Böckmann, Britta

□□: Düsseldorf
□□: 422

□□: 26.20 km
26,2 km - Lauf

□□□□:
Seniorinnen W45 (45-49 Jahre)

□□□: 2:34:15

□□: 10.11 km/h

□□□□□/□□□: 235 (of 532)

□□□□□/□: 14 (of 80)

□□□□□□: 2:06:25

□□□□□: 4(of 18)

□□□□□□□: 2:15:37

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	18:42	9.63	2	2:24	8	3:35	3.30	18:42	9.63	2	2:24	8	3:35
Schlüsie	3.10	20:27	8.80	3	2:08	13	3:20	6.40	39:09	9.20	3	4:32	11	6:55
Hermannsklippe	2.60	18:20	6.55	3	1:54	17	2:53	9.00	57:29	9.39	3	6:26	13	9:48
Brocken	3.10	29:31	6.10	4	2:34	17	4:43	12.10	1:27:00	8.28	3	9:00	14	14:31
Eiserner Handwe	3.60	18:02	9.98	3	2:55	11	3:07	15.70	1:45:02	8.57	3	11:55	14	17:38
Schlüsie	4.10	17:42	13.56	4	2:25	12	3:45	19.80	2:02:44	9.29	4	14:20	14	21:23
Loddenke	3.10	14:44	12.22	5	2:07	17	3:19	22.90	2:17:28	9.60	4	16:27	14	24:28
Ilseburg/Markt	3.30	16:47	10.72	10	2:11	36	3:37	26.20	2:34:15	10.11	4	18:38	14	27:50