



# 45. Brockenlauf

Ilseburg / 05.09.2015

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Reuß, Sylvia

□□: Ballenstedt  
 □□: 373

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Seniorinnen W50 (50-54 Jahre)

□□□: 2:41:54

□□: 9.64 km/h

□□□□□/□□□: 294 (of 532)

□□□□□/□: 25 (of 80)

□□□□□□: 2:06:25

□□□□□: 4(of 21)

□□□□□□□: 2:34:39

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:12	8.91	6	0:37	24	5:05	3.30	20:12	8.91	6	0:37	24	5:05
Schlüsie	3.10	22:05	8.15	4	1:13	26	4:58	6.40	42:17	8.51	4	1:50	24	10:03
Hermannsklippe	2.60	18:54	6.35	3	0:40	21	3:27	9.00	1:01:11	8.83	4	2:03	23	13:30
Brocken	3.10	30:22	5.93	4	0:58	22	5:34	12.10	1:31:33	7.86	4	2:37	22	19:04
Eiserner Handwe	3.60	19:56	9.03	7	1:47	36	5:01	15.70	1:51:29	8.07	4	4:15	23	24:05
Schlüsie	4.10	18:22	13.07	2	0:25	20	4:25	19.80	2:09:51	8.78	3	4:40	23	28:30
Loddenke	3.10	15:18	11.76	3	1:02	27	3:53	22.90	2:25:09	9.09	3	5:42	23	32:09
Ilseburg/Markt	3.30	16:45	10.75	8	1:33	33	3:35	26.20	2:41:54	9.64	4	7:15	25	35:29