



45. Brockenlauf

Ilseburg / 05.09.2015

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Pape, Ute

□□: Dasseler SC
□□: 243

□□: 26.20 km
26,2 km - Lauf

□□□□:
Seniorinnen W45 (45-49 Jahre)

□□□: 2:49:43

□□: 9.19 km/h

□□□□□/□□□: 381 (of 532)

□□□□□/□: 38 (of 80)

□□□□□□: 2:06:25

□□□□□: 13(of 18)

□□□□□□□: 2:15:37

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:23	8.42	10	5:05	41	6:16	3.30	21:23	8.42	10	5:05	41	6:16
Schlüsie	3.10	22:36	7.96	12	4:17	39	5:29	6.40	43:59	8.18	12	9:22	39	11:45
Hermannsklippe	2.60	21:23	5.61	13	4:57	53	5:56	9.00	1:05:22	8.26	13	14:19	44	17:41
Brocken	3.10	34:11	5.27	12	7:14	52	9:23	12.10	1:39:33	7.23	13	21:33	47	27:04
Eiserner Handwe	3.60	18:30	9.73	4	3:23	18	3:35	15.70	1:58:03	7.62	13	24:56	39	30:39
Schlüsie	4.10	19:40	12.20	10	4:23	36	5:43	19.80	2:17:43	8.28	13	29:19	39	36:22
Loddenke	3.10	15:30	11.61	8	2:53	33	4:05	22.90	2:33:13	8.62	13	32:12	40	40:13
Ilseburg/Markt	3.30	16:30	10.91	8	1:54	29	3:20	26.20	2:49:43	9.19	13	34:06	38	43:18