



45. Brockenlauf

Ilseburg / 05.09.2015

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Wehnert, Claudia

□□: Hamburg

□□: 467

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W35 (35-39 Jahre)

□□□: 2:52:59

□□: 9.02 km/h

□□□□□/□□□: 408 (of 532)

□□□□□/□: 44 (of 80)

□□□□□□: 2:06:25

□□□□□: 4(of 8)

□□□□□□□: 2:13:02

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ km/h | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|------------|---------|---------|---------|---------|-------|---------|------|---------|---------|---------|---------|
| Loddenke | 3.30 | 21:26 | 8.40 | 5 | 3:00 | 47 | 6:19 | 3.30 | 21:26 | 8.40 | 5 | 3:00 | 47 | 6:19 |
| Schlüsie | 3.10 | 23:34 | 7.64 | 6 | 4:55 | 53 | 6:27 | 6.40 | 45:00 | 8.00 | 5 | 7:55 | 47 | 12:46 |
| Hermannsklippe | 2.60 | 20:13 | 5.94 | 3 | 4:18 | 36 | 4:46 | 9.00 | 1:05:13 | 8.28 | 4 | 12:13 | 42 | 17:32 |
| Brocken | 3.10 | 33:05 | 5.44 | 3 | 8:01 | 39 | 8:17 | 12.10 | 1:38:18 | 7.32 | 4 | 20:14 | 43 | 25:49 |
| Eiserner Handwe | 3.60 | 20:57 | 8.59 | 5 | 5:07 | 45 | 6:02 | 15.70 | 1:59:15 | 7.55 | 4 | 25:21 | 44 | 31:51 |
| Schlüsie | 4.10 | 19:13 | 12.49 | 4 | 4:40 | 34 | 5:16 | 19.80 | 2:18:28 | 8.23 | 4 | 30:01 | 42 | 37:07 |
| Loddenke | 3.10 | 16:10 | 11.13 | 4 | 4:45 | 44 | 4:45 | 22.90 | 2:34:38 | 8.54 | 4 | 34:46 | 43 | 41:38 |
| Ilseburg/Markt | 3.30 | 18:21 | 9.81 | 5 | 5:11 | 50 | 5:11 | 26.20 | 2:52:59 | 9.02 | 4 | 39:57 | 44 | 46:34 |