



45. Brockenlauf

Ilseburg / 05.09.2015

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Roseburg, Bianca

□□: LG Hopfen, Schackensleben
 □□: 42

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W40 (40-44 Jahre)

□□□: 2:55:17

□□: 8.90 km/h

□□□□□/□□□: 422 (of 532)

□□□□□/□: 47 (of 80)

□□□□□□: 2:06:25

□□□□□: 11(of 13)

□□□□□□□: 2:26:21

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□□□□

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:23	8.42	12	3:15	41	6:16	3.30	21:23	8.42	12	3:15	41	6:16
Schlüsie	3.10	22:18	8.07	10	2:59	33	5:11	6.40	43:41	8.24	11	6:14	38	11:27
Hermannsklippe	2.60	20:18	5.91	11	3:23	37	4:51	9.00	1:03:59	8.44	11	9:37	36	16:18
Brocken	3.10	33:26	5.38	10	6:48	41	8:38	12.10	1:37:25	7.39	11	15:16	37	24:56
Eiserner Handwe	3.60	21:56	8.21	12	4:33	57	7:01	15.70	1:59:21	7.54	11	19:15	45	31:57
Schlüsie	4.10	21:37	11.10	11	4:55	54	7:40	19.80	2:20:58	8.09	11	24:10	48	39:37
Loddenke	3.10	16:32	10.89	11	2:43	47	5:07	22.90	2:37:30	8.38	11	26:48	48	44:30
Ilseburg/Markt	3.30	17:47	10.12	11	2:39	45	4:37	26.20	2:55:17	8.90	11	28:56	47	48:52