



45. Brockenlauf

Ilseburg / 05.09.2015

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Post, Cornelia

□□: Rodenberg
□□: 504

□□: 26.20 km
26,2 km - Lauf

□□□□:
Seniorinnen W50 (50-54 Jahre)

□□□: 2:59:51

□□: 8.67 km/h

□□□□□/□□□: 444 (of 532)

□□□□□/□: 52 (of 80)

□□□□□□: 2:06:25

□□□□□: 12(of 21)

□□□□□□□: 2:34:39

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:13	8.10	11	2:38	55	7:06	3.30	22:13	8.10	11	2:38	55	7:06
Schlüsie	3.10	22:06	8.14	5	1:14	27	4:59	6.40	44:19	8.12	9	3:52	42	12:05
Hermannsklippe	2.60	20:30	5.85	8	2:16	44	5:03	9.00	1:04:49	8.33	9	5:41	41	17:08
Brocken	3.10	33:28	5.38	8	4:04	42	8:40	12.10	1:38:17	7.33	8	9:21	42	25:48
Eiserner Handwe	3.60	22:45	7.91	17	4:36	62	7:50	15.70	2:01:02	7.44	10	13:48	49	33:38
Schlüsie	4.10	22:13	10.80	18	4:16	64	8:16	19.80	2:23:15	7.96	11	18:04	51	41:54
Loddenke	3.10	17:44	10.15	17	3:28	62	6:19	22.90	2:40:59	8.20	12	21:32	52	47:59
Ilseburg/Markt	3.30	18:52	9.54	14	3:40	59	5:42	26.20	2:59:51	8.67	12	25:12	52	53:26