



45. Brockenlauf

Ilseburg / 05.09.2015

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Meier, Sarah

□□: Braunschweig

□□: 570

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W30 (30-34 Jahre)

□□□: 2:59:59

□□: 8.67 km/h

□□□□□/□□□: 448 (of 532)

□□□□□/□: 54 (of 80)

□□□□□□: 2:06:25

□□□□□: 3(of 4)

□□□□□□□: 2:30:03

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:14	8.10	3	2:56	57	7:07	3.30	22:14	8.10	3	2:56	57	7:07
Schlüsie	3.10	23:26	7.68	3	3:22	48	6:19	6.40	45:40	7.88	3	6:18	56	13:26
Hermannsklippe	2.60	21:02	5.71	3	3:15	48	5:35	9.00	1:06:42	8.10	3	9:33	54	19:01
Brocken	3.10	32:47	5.49	3	5:33	37	7:59	12.10	1:39:29	7.24	3	15:06	46	27:00
Eiserner Handwe	3.60	23:22	7.70	3	5:14	69	8:27	15.70	2:02:51	7.33	3	20:20	52	35:27
Schlüsie	4.10	23:19	10.29	4	5:34	69	9:22	19.80	2:26:10	7.80	3	25:54	56	44:49
Loddenke	3.10	17:09	10.50	3	3:08	54	5:44	22.90	2:43:19	8.08	3	28:26	56	50:19
Ilseburg/Markt	3.30	16:40	10.80	3	1:30	32	3:30	26.20	2:59:59	8.67	3	29:56	54	53:34