



45. Brockenlauf

Ilseburg / 05.09.2015

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Kopp, Sonja

□□: Aus Lindau am Harz
 □□: 229

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W35 (35-39 Jahre)

□□□: 3:04:07

□□: 8.47 km/h

□□□□□/□□□: 461 (of 532)

□□□□□/□: 57 (of 80)

□□□□□□: 2:06:25

□□□□□: 6(of 8)

□□□□□□□: 2:13:02

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:23	8.42	4	2:57	41	6:16	3.30	21:23	8.42	4	2:57	41	6:16
Schlüsie	3.10	22:49	7.89	4	4:10	43	5:42	6.40	44:12	8.14	4	7:07	41	11:58
Hermannsklippe	2.60	21:41	5.53	7	5:46	56	6:14	9.00	1:05:53	8.20	5	12:53	49	18:12
Brocken	3.10	35:26	5.08	7	10:22	62	10:38	12.10	1:41:19	7.11	6	23:15	54	28:50
Eiserner Handwe	3.60	24:41	7.29	7	8:51	74	9:46	15.70	2:06:00	7.14	7	32:06	60	38:36
Schlüsie	4.10	22:12	10.81	6	7:39	63	8:15	19.80	2:28:12	7.69	6	39:45	59	46:51
Loddenke	3.10	18:01	9.99	6	6:36	64	6:36	22.90	2:46:13	7.94	6	46:21	59	53:13
Ilseburg/Markt	3.30	17:54	10.06	4	4:44	48	4:44	26.20	3:04:07	8.47	6	51:05	57	57:42