



45. Brockenlauf

Ilseburg / 05.09.2015

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Schwerdtfeger, Kirsten

□□: Dasseler SC

□□: 245

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W50 (50-54 Jahre)

□□□: 3:06:53

□□: 8.35 km/h

□□□□□/□□□: 474 (of 532)

□□□□□/□: 61 (of 80)

□□□□□□: 2:06:25

□□□□□: 15(of 21)

□□□□□□□: 2:34:39

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:54	7.86	15	3:19	62	7:47	3.30	22:54	7.86	15	3:19	62	7:47
Schlüsie	3.10	24:43	7.28	13	3:51	60	7:36	6.40	47:37	7.56	13	7:10	61	15:23
Hermannsklippe	2.60	22:50	5.26	17	4:36	66	7:23	9.00	1:10:27	7.67	14	11:19	62	22:46
Brocken	3.10	36:15	4.97	16	6:51	64	11:27	12.10	1:46:42	6.75	15	17:46	64	34:13
Eiserner Handwe	3.60	22:11	8.11	16	4:02	59	7:16	15.70	2:08:53	6.98	17	21:39	66	41:29
Schlüsie	4.10	21:51	10.98	13	3:54	58	7:54	19.80	2:30:44	7.56	15	25:33	63	49:23
Loddenke	3.10	17:20	10.38	13	3:04	56	5:55	22.90	2:48:04	7.85	15	28:37	63	55:04
Ilseburg/Markt	3.30	18:49	9.57	13	3:37	58	5:39	26.20	3:06:53	8.35	15	32:14	61	1:00:28