



45. Brockenlauf

Ilseburg / 05.09.2015

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Gauert, Nasira

□□: Braunschweig

□□: 184

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 3:10:21

□□: 8.20 km/h

□□□□□/□□□: 483 (of 532)

□□□□□/□: 67 (of 80)

□□□□□□: 2:06:25

□□□□□: 14(of 18)

□□□□□□□: 2:15:37

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ km/h | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|------------|---------|---------|---------|---------|-------|---------|------|---------|---------|---------|---------|
| Loddenke | 3.30 | 21:24 | 8.41 | 11 | 5:06 | 45 | 6:17 | 3.30 | 21:24 | 8.41 | 11 | 5:06 | 45 | 6:17 |
| Schlüsie | 3.10 | 25:39 | 7.02 | 15 | 7:20 | 67 | 8:32 | 6.40 | 47:03 | 7.65 | 14 | 12:26 | 59 | 14:49 |
| Hermannsklippe | 2.60 | 23:38 | 5.08 | 14 | 7:12 | 69 | 8:11 | 9.00 | 1:10:41 | 7.64 | 14 | 19:38 | 63 | 23:00 |
| Brocken | 3.10 | 39:45 | 4.53 | 16 | 12:48 | 74 | 14:57 | 12.10 | 1:50:26 | 6.52 | 14 | 32:26 | 68 | 37:57 |
| Eiserner Handwe | 3.60 | 21:42 | 8.29 | 14 | 6:35 | 55 | 6:47 | 15.70 | 2:12:08 | 6.81 | 14 | 39:01 | 68 | 44:44 |
| Schlüsie | 4.10 | 21:37 | 11.10 | 14 | 6:20 | 54 | 7:40 | 19.80 | 2:33:45 | 7.41 | 14 | 45:21 | 68 | 52:24 |
| Loddenke | 3.10 | 17:53 | 10.07 | 14 | 5:16 | 63 | 6:28 | 22.90 | 2:51:38 | 7.69 | 14 | 50:37 | 68 | 58:38 |
| Ilseburg/Markt | 3.30 | 18:43 | 9.62 | 14 | 4:07 | 56 | 5:33 | 26.20 | 3:10:21 | 8.20 | 14 | 54:44 | 67 | 1:03:56 |