



47. Brockenlauf

Ilseburg / 02.09.2017

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KLIMPKE, Susan

□□: TV Rennerod Run for Fun
 □□: 131

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W40 (40-44 Jahre)

□□□: 2:28:38

□□: 10.50 km/h
 □□□□: 5:40 min/km

□□□□□/□□□: 172 (of 500)

□□□□□/□: 7 (of 77)

□□□□□□: 1:57:27

□□□□□: 2(of 16)

□□□□□□□: 2:13:24

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:16	5:50	3	3:36	16	4:35	3.30	19:16	5:50	3	3:36	16	4:35	
Schlüsie	3.10	20:08	6:29	3	2:22	10	3:59	6.40	39:24	6:09	3	5:58	13	8:34	
Hermannsklippe	2.60	18:03	6:56	3	2:12	10	3:36	9.00	57:27	6:23	3	8:10	12	12:10	
Brocken	3.10	29:36	9:32	3	4:00	12	7:19	12.10	1:27:03	7:11	3	12:10	12	19:29	
Eiserner Handwe	3.60	17:07	4:45	2	0:49	7	3:59	15.70	1:44:10	6:38	2	12:59	9	23:28	
Schlüsie	4.10	16:17	3:58	2	0:45	5	3:09	19.80	2:00:27	6:05	2	13:44	7	26:37	
Loddenke	3.10	13:19	4:17	3	0:34	9	1:54	22.90	2:13:46	5:50	2	14:18	7	28:31	
Ilseburg/Markt	3.30	14:52	4:30	2	0:56	8	14:37	26.20	2:28:38	5:40	2	15:14	8	2:28:23	