



47. Brockenlauf  
Ilseburg / 02.09.2017

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**KRUMPEN-MÜLLER, Sabine**

□□: LAV 07 Bad Harzburg e.V.  
□□: 176

□□: 26.20 km  
26,2 km - Lauf

□□□□:  
Seniorinnen W45 (45-49 Jahre)

□□□: 2:37:31

□□: 9.90 km/h  
□□□□: 6:01 min/km

□□□□□/□□□: 250 (of 500)

□□□□□/□: 19 (of 77)

□□□□□□: 1:57:27

□□□□□: 3(of 16)

□□□□□□□: 2:23:47

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□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 18:49    | 5:42         | 3       | 1:21    | 12      | 4:08    | 3.30  | 18:49     | 5:42          | 3       | 1:21    | 12      | 4:08    |
| Schlüsie        | 3.10     | 21:21    | 6:53         | 5       | 2:07    | 22      | 5:12    | 6.40  | 40:10     | 6:16          | 3       | 3:28    | 17      | 9:20    |
| Hermannsklippe  | 2.60     | 18:54    | 7:16         | 4       | 1:39    | 23      | 4:27    | 9.00  | 59:04     | 6:33          | 3       | 5:07    | 17      | 13:47   |
| Brocken         | 3.10     | 31:40    | 10:12        | 5       | 3:47    | 23      | 9:23    | 12.10 | 1:30:44   | 7:29          | 4       | 8:54    | 20      | 23:10   |
| Eiserner Handwe | 3.60     | 19:21    | 5:22         | 5       | 2:19    | 20      | 6:13    | 15.70 | 1:50:05   | 7:00          | 4       | 11:13   | 19      | 29:23   |
| Schlüsie        | 4.10     | 17:45    | 4:19         | 4       | 0:41    | 19      | 4:37    | 19.80 | 2:07:50   | 6:27          | 4       | 11:54   | 19      | 34:00   |
| Loddenke        | 3.10     | 14:03    | 4:31         | 3       | 0:48    | 13      | 2:38    | 22.90 | 2:21:53   | 6:11          | 4       | 12:42   | 20      | 36:38   |
| Ilseburg/Markt  | 3.30     | 15:38    | 4:44         | 4       | 1:02    | 20      | 15:23   | 26.20 | 2:37:31   | 6:00          | 3       | 13:44   | 20      | 2:37:16 |