



47. Brockenlauf

Ilseburg / 02.09.2017

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HOLZAPFEL, Regina

□□: Magdeburg

□□: 428

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W40 (40-44 Jahre)

□□□: 2:41:49

□□: 9.64 km/h

□□□□: 6:11 min/km

□□□□□/□□□: 281 (of 500)

□□□□□/□: 23 (of 77)

□□□□□□: 1:57:27

□□□□□: 5(of 16)

□□□□□□□: 2:13:24

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:24	6:29	9	5:44	44	6:43	3.30	21:24	6:29	9	5:44	44	6:43
Schlüsie	3.10	21:48	7:01	7	4:02	28	5:39	6.40	43:12	6:45	7	9:46	34	12:22
Hermannsklippe	2.60	18:43	7:11	6	2:52	20	4:16	9.00	1:01:55	6:52	7	12:38	29	16:38
Brocken	3.10	31:41	10:13	6	6:05	24	9:24	12.10	1:33:36	7:44	6	18:43	26	26:02
Eiserner Handwe	3.60	19:23	5:23	4	3:05	22	6:15	15.70	1:52:59	7:11	5	21:48	25	32:17
Schlüsie	4.10	18:03	4:24	4	2:31	20	4:55	19.80	2:11:02	6:37	5	24:19	24	37:12
Loddenke	3.10	14:47	4:46	5	2:02	22	3:22	22.90	2:25:49	6:22	5	26:21	23	40:34
Ilseburg/Markt	3.30	16:00	4:50	6	2:04	25	15:45	26.20	2:41:49	6:10	5	28:25	24	2:41:34