



47. Brockenlauf

Ilseburg / 02.09.2017

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ZIESCH, Birgit

□□: Dresden
 □□: 399

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W30 (30-34 Jahre)

□□□: 2:46:16

□□: 9.38 km/h
 □□□□: 6:21 min/km

□□□□□/□□□: 316 (of 500)

□□□□□/□: 27 (of 77)

□□□□□□: 1:57:27

□□□□□: 4(of 6)

□□□□□□□: 2:18:07

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	17:39	5:20	1	-	6	2:58	3.30	17:39	5:20	1	-	6	2:58
Schlüsie	3.10	21:51	7:02	4	3:09	29	5:42	6.40	39:30	6:10	4	2:54	14	8:40
Hermannsklippe	2.60	19:33	7:31	4	3:18	28	5:06	9.00	59:03	6:33	4	6:12	16	13:46
Brocken	3.10	32:38	10:31	4	7:17	29	10:21	12.10	1:31:41	7:34	4	13:29	23	24:07
Eiserner Handwe	3.60	19:22	5:22	4	2:38	21	6:14	15.70	1:51:03	7:04	4	16:07	21	30:21
Schlüsie	4.10	18:57	4:37	4	2:33	25	5:49	19.80	2:10:00	6:33	4	18:40	23	36:10
Loddenke	3.10	16:34	5:20	5	3:45	45	5:09	22.90	2:26:34	6:24	4	22:25	24	41:19
Ilseburg/Markt	3.30	19:42	5:58	5	5:44	61	19:27	26.20	2:46:16	6:20	4	28:09	28	2:46:01