



47. Brockenlauf

Ilseburg / 02.09.2017

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Lassan, Sandrin

□□: ESV Angermünde 'die Lokvögel'
 □□: 483

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W45 (45-49 Jahre)

□□□: 2:48:32

□□: 9.26 km/h
 □□□□: 6:26 min/km

□□□□□/□□□: 339 (of 500)

□□□□□/□: 29 (of 77)

□□□□□□: 1:57:27

□□□□□: 7(of 16)

□□□□□□□: 2:23:47

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:34	6:13	5	3:06	27	5:53	3.30	20:34	6:13	5	3:06	27	5:53
Schlüsie	3.10	22:27	7:14	8	3:13	33	6:18	6.40	43:01	6:43	7	6:19	32	12:11
Hermannsklippe	2.60	20:07	7:44	7	2:52	34	5:40	9.00	1:03:08	7:00	7	9:11	32	17:51
Brocken	3.10	33:18	10:44	8	5:25	40	11:01	12.10	1:36:26	7:58	7	14:36	33	28:52
Eiserner Handwe	3.60	19:13	5:20	4	2:11	18	6:05	15.70	1:55:39	7:21	7	16:47	32	34:57
Schlüsie	4.10	19:03	4:38	6	1:59	27	5:55	19.80	2:14:42	6:48	7	18:46	29	40:52
Loddenke	3.10	16:04	5:10	9	2:49	39	4:39	22.90	2:30:46	6:35	7	21:35	29	45:31
Ilseburg/Markt	3.30	17:46	5:23	9	3:10	45	17:31	26.20	2:48:32	6:25	7	24:45	30	2:48:17