



47. Brockenlauf

Ilseburg / 02.09.2017

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KLEMENTZ, Sandra

□□: LAV 07 Bad Harzburg e.V.

□□: 432

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W35 (35-39 Jahre)

□□□: 2:50:18

□□: 9.16 km/h

□□□□: 6:30 min/km

□□□□□/□□□: 350 (of 500)

□□□□□/□: 33 (of 77)

□□□□□□: 1:57:27

□□□□□: 7(of 8)

□□□□□□□: 2:10:18

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:11	6:43	8	5:14	57	7:30	3.30	22:11	6:43	8	5:14	57	7:30
Schlüsie	3.10	23:17	7:30	8	4:51	43	7:08	6.40	45:28	7:06	8	10:05	44	14:38
Hermannsklippe	2.60	19:52	7:38	6	4:06	31	5:25	9.00	1:05:20	7:15	8	14:11	43	20:03
Brocken	3.10	32:42	10:32	8	7:12	32	10:25	12.10	1:38:02	8:06	8	21:23	39	30:28
Eiserner Handwe	3.60	21:21	5:55	7	6:25	42	8:13	15.70	1:59:23	7:36	8	27:48	40	38:41
Schlüsie	4.10	19:18	4:42	7	5:15	31	6:10	19.80	2:18:41	7:00	7	33:03	37	44:51
Loddenke	3.10	15:18	4:56	7	3:53	28	3:53	22.90	2:33:59	6:43	7	36:56	35	48:44
Ilseburg/Markt	3.30	16:19	4:56	6	3:04	29	16:04	26.20	2:50:18	6:30	7	40:00	34	2:50:03