



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 |