



47. Brockenlauf

Ilseburg / 02.09.2017

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HELSPER, Simone

00: TV Rennerod Run For Fun
00: 134

00: 26.20 km
26,2 km - Lauf

0000:
Seniorinnen W45 (45-49 Jahre)

000: 2:52:03

00: 9.07 km/h
0000: 6:34 min/km

00000/000: 363 (of 500)

00000/0: 38 (of 77)

000000: 1:57:27

00000: 8(of 16)

0000000: 2:23:47

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Loddenke	3.30	21:44	6:35	10	4:16	49	7:03	3.30	21:44	6:35	10	4:16	49	7:03
Schlüsie	3.10	22:04	7:07	7	2:50	31	5:55	6.40	43:48	6:50	8	7:06	40	12:58
Hermannsklippe	2.60	21:16	8:10	9	4:01	44	6:49	9.00	1:05:04	7:13	8	11:07	41	19:47
Brocken	3.10	33:06	10:40	7	5:13	39	10:49	12.10	1:38:10	8:06	8	16:20	40	30:36
Eiserner Handwe	3.60	21:22	5:56	9	4:20	43	8:14	15.70	1:59:32	7:36	8	20:40	42	38:50
Schlüsie	4.10	19:29	4:45	7	2:25	35	6:21	19.80	2:19:01	7:01	8	23:05	39	45:11
Loddenke	3.10	15:08	4:52	6	1:53	27	3:43	22.90	2:34:09	6:43	8	24:58	38	48:54
Ilseburg/Markt	3.30	17:54	5:25	10	3:18	46	17:39	26.20	2:52:03	6:34	8	28:16	39	2:51:48