



47. Brockenlauf

Ilseburg / 02.09.2017

□□□□

FRITSCHKE, Simone

□□: Wernigerode

□□: 369

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 2:55:36

□□: 8.88 km/h

□□□□: 6:42 min/km

□□□□□/□□□: 389 (of 500)

□□□□□/□: 44 (of 77)

□□□□□□: 1:57:27

□□□□□: 9(of 16)

□□□□□□□: 2:23:47

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:59	6:21	8	3:31	38	6:18	3.30	20:59	6:21	8	3:31	38	6:18	
Schlüsie	3.10	24:30	7:54	10	5:16	50	8:21	6.40	45:29	7:06	9	8:47	46	14:39	
Hermannsklippe	2.60	21:47	8:22	10	4:32	49	7:20	9.00	1:07:16	7:28	9	13:19	47	21:59	
Brocken	3.10	34:37	11:09	10	6:44	49	12:20	12.10	1:41:53	8:25	9	20:03	46	34:19	
Eiserner Handwe	3.60	20:24	5:39	8	3:22	35	7:16	15.70	2:02:17	7:47	9	23:25	45	41:35	
Schlüsie	4.10	19:50	4:50	8	2:46	37	6:42	19.80	2:22:07	7:10	9	26:11	44	48:17	
Loddenke	3.10	16:03	5:10	8	2:48	38	4:38	22.90	2:38:10	6:54	9	28:59	45	52:55	
Ilseburg/Markt	3.30	17:26	5:16	7	2:50	39	17:11	26.20	2:55:36	6:42	9	31:49	45	2:55:21	