



47. Brockenlauf

Ilseburg / 02.09.2017

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SCHÖWE, Simone

□□: Dahlum
□□: 409

□□: 26.20 km
26,2 km - Lauf

□□□□:
Seniorinnen W45 (45-49 Jahre)

□□□: 3:00:43

□□: 8.63 km/h
□□□□: 6:54 min/km

□□□□□/□□□: 413 (of 500)

□□□□□/□: 51 (of 77)

□□□□□□: 1:57:27

□□□□□: 10(of 16)

□□□□□□□: 2:23:47

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	23:51	7:13	15	6:23	66	9:10	3.30	23:51	7:13	15	6:23	66	9:10
Schlüsie	3.10	24:05	7:46	9	4:51	47	7:56	6.40	47:56	7:29	13	11:14	60	17:06
Hermannsklippe	2.60	21:07	8:07	8	3:52	43	6:40	9.00	1:09:03	7:40	10	15:06	52	23:46
Brocken	3.10	34:07	11:00	9	6:14	44	11:50	12.10	1:43:10	8:31	10	21:20	51	35:36
Eiserner Handwe	3.60	21:36	6:00	10	4:34	46	8:28	15.70	2:04:46	7:56	10	25:54	51	44:04
Schlüsie	4.10	20:57	5:06	10	3:53	46	7:49	19.80	2:25:43	7:21	10	29:47	51	51:53
Loddenke	3.10	16:42	5:23	11	3:27	47	5:17	22.90	2:42:25	7:05	10	33:14	50	57:10
Ilseburg/Markt	3.30	18:18	5:32	11	3:42	50	18:03	26.20	3:00:43	6:53	10	36:56	52	3:00:28