



47. Brockenlauf

Ilseburg / 02.09.2017

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DANNENBERG, Susanne

□□: SV Martineum

□□: 426

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W50 (50-54 Jahre)

□□□: 3:04:09

□□: 8.47 km/h

□□□□: 7:02 min/km

□□□□□/□□□: 423 (of 500)

□□□□□/□: 53 (of 77)

□□□□□□: 1:57:27

□□□□□: 8(of 11)

□□□□□□□: 2:37:31

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:39	6:33	7	2:49	46	6:58	3.30	21:39	6:33	7	2:49	46	6:58
Schlüsie	3.10	23:58	7:43	6	2:46	46	7:49	6.40	45:37	7:07	7	5:25	47	14:47
Hermannsklippe	2.60	21:28	8:15	6	2:37	47	7:01	9.00	1:07:05	7:27	6	8:00	45	21:48
Brocken	3.10	35:51	11:33	8	4:13	54	13:34	12.10	1:42:56	8:30	7	12:03	50	35:22
Eiserner Handwe	3.60	22:56	6:22	8	3:40	55	9:48	15.70	2:05:52	8:01	8	15:43	53	45:10
Schlüsie	4.10	21:41	5:17	6	3:58	52	8:33	19.80	2:27:33	7:27	8	19:41	53	53:43
Loddenke	3.10	16:59	5:28	7	2:56	51	5:34	22.90	2:44:32	7:11	8	22:37	53	59:17
Ilseburg/Markt	3.30	19:37	5:56	9	4:01	58	19:22	26.20	3:04:09	7:01	8	26:38	54	3:03:54