



47. Brockenlauf

Ilseburg / 02.09.2017

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MAI, Tina

□□: Fun runners Benneckenstein
 □□: 429

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W40 (40-44 Jahre)

□□□: 3:04:19

□□: 8.46 km/h
 □□□□: 7:02 min/km

□□□□□/□□□: 424 (of 500)

□□□□□/□: 54 (of 77)

□□□□□□: 1:57:27

□□□□□: 12(of 16)

□□□□□□□: 2:13:24

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:08	6:42	13	6:28	56	7:27	3.30	22:08	6:42	13	6:28	56	7:27
Schlüsie	3.10	25:10	8:07	12	7:24	57	9:01	6.40	47:18	7:23	12	13:52	56	16:28
Hermannsklippe	2.60	22:24	8:36	12	6:33	53	7:57	9.00	1:09:42	7:44	12	20:25	55	24:25
Brocken	3.10	35:44	11:31	11	10:08	53	13:27	12.10	1:45:26	8:42	12	30:33	54	37:52
Eiserner Handwe	3.60	22:29	6:14	11	6:11	53	9:21	15.70	2:07:55	8:08	12	36:44	55	47:13
Schlüsie	4.10	19:44	4:48	9	4:12	36	6:36	19.80	2:27:39	7:27	12	40:56	54	53:49
Loddenke	3.10	17:17	5:34	13	4:32	56	5:52	22.90	2:44:56	7:12	12	45:28	54	59:41
Ilseburg/Markt	3.30	19:23	5:52	12	5:27	56	19:08	26.20	3:04:19	7:02	12	50:55	55	3:04:04