



47. Brockenlauf

Ilseburg / 02.09.2017

□□□□

STUTZKOWSKI, Elke

□□: Blankenburg

□□: 422

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W55 (55-59 Jahre)

□□□: 3:04:24

□□: 8.46 km/h

□□□□: 7:02 min/km

□□□□□/□□□: 425 (of 500)

□□□□□/□: 55 (of 77)

□□□□□□: 1:57:27

□□□□□: 5(of 9)

□□□□□□□: 2:36:54

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:49	6:54	6	2:55	62	8:08	3.30	22:49	6:54	6	2:55	62	8:08	
Schlüsie	3.10	24:51	8:00	6	3:43	54	8:42	6.40	47:40	7:26	6	6:38	57	16:50	
Hermannsklippe	2.60	22:37	8:41	5	4:26	55	8:10	9.00	1:10:17	7:48	6	11:04	57	25:00	
Brocken	3.10	35:41	11:30	4	6:36	52	13:24	12.10	1:45:58	8:45	5	17:40	56	38:24	
Eiserner Handwe	3.60	21:32	5:58	4	1:31	45	8:24	15.70	2:07:30	8:07	5	19:11	54	46:48	
Schlüsie	4.10	20:52	5:05	3	2:05	44	7:44	19.80	2:28:22	7:29	5	21:16	55	54:32	
Loddenke	3.10	16:45	5:24	3	2:20	49	5:20	22.90	2:45:07	7:12	5	23:36	55	59:52	
Ilseburg/Markt	3.30	19:17	5:50	5	19:02	55	19:02	26.20	3:04:24	7:02	6	3:04:09	56	3:04:09	