



# 47. Brockenlauf

Ilseburg / 02.09.2017

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**SCHLAPS, Christiane**

□□: Hildesheim

□□: 58

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 3:07:27

□□: 8.32 km/h

□□□□: 7:09 min/km

□□□□□/□□□: 439 (of 500)

□□□□□/□: 56 (of 77)

□□□□□□: 1:57:27

□□□□□: 11(of 16)

□□□□□□□: 2:23:47

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	23:14	7:02	14	5:46	64	8:33	3.30	23:14	7:02	14	5:46	64	8:33	
Schlüsie	3.10	25:49	8:19	14	6:35	62	9:40	6.40	49:03	7:39	14	12:21	62	18:13	
Hermannsklippe	2.60	24:02	9:14	12	6:47	63	9:35	9.00	1:13:05	8:07	14	19:08	63	27:48	
Brocken	3.10	36:17	11:42	12	8:24	58	14:00	12.10	1:49:22	9:02	12	27:32	60	41:48	
Eiserner Handwe	3.60	22:14	6:10	11	5:12	48	9:06	15.70	2:11:36	8:22	12	32:44	59	50:54	
Schlüsie	4.10	20:31	5:00	9	3:27	40	7:23	19.80	2:32:07	7:40	11	36:11	56	58:17	
Loddenke	3.10	16:19	5:15	10	3:04	43	4:54	22.90	2:48:26	7:21	11	39:15	56	1:03:11	
Ilseburg/Markt	3.30	19:01	5:45	12	4:25	54	18:46	26.20	3:07:27	7:09	11	43:40	57	3:07:12	