



47. Brockenlauf

Ilseburg / 02.09.2017

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TARABA, Karin

□□: RTC Bernburger Bären
 □□: 175

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W55 (55-59 Jahre)

□□□: 3:08:29

□□: 8.28 km/h
 □□□□: 7:11 min/km

□□□□□/□□□: 444 (of 500)

□□□□□/□: 57 (of 77)

□□□□□□: 1:57:27

□□□□□: 6(of 9)

□□□□□□□: 2:36:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:17	6:26	4	1:23	43	6:36	3.30	21:17	6:26	4	1:23	43	6:36	
Schlüsie	3.10	24:37	7:56	5	3:29	53	8:28	6.40	45:54	7:10	4	4:52	49	15:04	
Hermannsklippe	2.60	23:12	8:55	6	5:01	59	8:45	9.00	1:09:06	7:40	5	9:53	53	23:49	
Brocken	3.10	39:17	12:40	7	10:12	62	17:00	12.10	1:48:23	8:57	6	20:05	58	40:49	
Eiserner Handwe	3.60	22:17	6:11	5	2:16	50	9:09	15.70	2:10:40	8:19	6	22:21	58	49:58	
Schlüsie	4.10	21:32	5:15	5	2:45	50	8:24	19.80	2:32:12	7:41	6	25:06	57	58:22	
Loddenke	3.10	17:19	5:35	5	2:54	58	5:54	22.90	2:49:31	7:24	6	28:00	57	1:04:16	
Ilseburg/Markt	3.30	18:58	5:44	4	18:43	53	18:43	26.20	3:08:29	7:11	7	3:08:14	58	3:08:14	