



47. Brockenlauf

Ilseburg / 02.09.2017

□□□□

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

□□□□

□□□□

□□□

| □□□ | □□ 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 | |