



47. Brockenlauf

Ilseburg / 02.09.2017

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SUNDERMEYER, Stefanie

□□: Flying Stöckels de Luxe

□□: 35

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 3:15:51

□□: 7.97 km/h

□□□□: 7:29 min/km

□□□□□/□□□: 458 (of 500)

□□□□□/□: 63 (of 77)

□□□□□□: 1:57:27

□□□□□: 14(of 16)

□□□□□□□: 2:23:47

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:44	6:35	10	4:16	49	7:03	3.30	21:44	6:35	10	4:16	49	7:03
Schlüsie	3.10	25:33	8:14	12	6:19	59	9:24	6.40	47:17	7:23	11	10:35	55	16:27
Hermannsklippe	2.60	24:44	9:30	13	7:29	66	10:17	9.00	1:12:01	8:00	12	18:04	59	26:44
Brocken	3.10	39:28	12:43	13	11:35	64	17:11	12.10	1:51:29	9:12	13	29:39	62	43:55
Eiserner Handwe	3.60	23:59	6:39	15	6:57	69	10:51	15.70	2:15:28	8:37	14	36:36	63	54:46
Schlüsie	4.10	22:54	5:35	13	5:50	61	9:46	19.80	2:38:22	7:59	14	42:26	63	1:04:32
Loddenke	3.10	17:39	5:41	13	4:24	60	6:14	22.90	2:56:01	7:41	14	46:50	63	1:10:46
Ilseburg/Markt	3.30	19:50	6:00	13	5:14	62	19:35	26.20	3:15:51	7:28	14	52:04	64	3:15:36