



47. Brockenlauf

Ilseburg / 02.09.2017

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GRAMBART, Sandra

□□: Oldenburg
 □□: 48

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W40 (40-44 Jahre)

□□□: 3:33:57

□□: 7.29 km/h
 □□□□: 8:10 min/km

□□□□□/□□□: 483 (of 500)

□□□□□/□: 70 (of 77)

□□□□□□: 1:57:27

□□□□□: 16(of 16)

□□□□□□□: 2:13:24

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	23:51	7:13	16	8:11	66	9:10	3.30	23:51	7:13	16	8:11	66	9:10
Schlüsie	3.10	27:52	8:59	16	10:06	70	11:43	6.40	51:43	8:04	16	18:17	69	20:53
Hermannsklippe	2.60	25:19	9:44	15	9:28	68	10:52	9.00	1:17:02	8:33	16	27:45	70	31:45
Brocken	3.10	39:35	12:46	14	13:59	66	17:18	12.10	1:56:37	9:38	16	41:44	70	49:03
Eiserner Handwe	3.60	26:38	7:23	16	10:20	73	13:30	15.70	2:23:15	9:07	16	52:04	71	1:02:33
Schlüsie	4.10	26:54	6:33	16	11:22	72	13:46	19.80	2:50:09	8:35	16	1:03:26	71	1:16:19
Loddenke	3.10	20:24	6:34	16	7:39	70	8:59	22.90	3:10:33	8:19	16	1:11:05	70	1:25:18
Ilseburg/Markt	3.30	23:24	7:05	16	9:28	73	23:09	26.20	3:33:57	8:09	16	1:20:33	71	3:33:42