



# 40. Brockenlauf 2010

Ilseburg / 04.09.2010

0000

Derksen, Esther

00: AV Veluwe - Loenen NL

00: 493

00: 10.00 km

Ilsesteinlauf

0000:

Frauen W35

000: 57:17

00: 10.47 km/h

0000: 5:44 min/km

00000/000: 94 (of 135)

00000/0: 24 (of 50)

000000: 36:31

00000: 4(of 6)

0000000: 44:08

0000

0000

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Ilsestein	4.10	29:31	7:11	4	7:43	28	11:50	4.10	29:31	7:11	4	7:43	49	
00 1	1.60	9:06	5:41	5	2:13	37	3:30	5.70	38:37	6:46	4	9:56	49	
000 00	4.30	18:40	4:20	3	3:13	13	5:26	10.00	57:17	5:43	3	13:09	23	20:46