



41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

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Lehmann, Diana

□□: Potsdamer Laufclub

□□: 335

□□: 26.20 km

Brockenlauf

□□□□:

Frauen W30

□□□: 2:03:07

□□: 12.67 km/h

□□□□: 4:42 min/km

□□□□□/□□□: 15 (of 370)

□□□□□/□: 1 (of 53)

□□□□□□: 2:03:07

□□□□□: 1(of 7)

□□□□□□□: 2:03:07

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 14:19 | 4:20 | 1 | - | 1 | - | 3.30 | 14:19 | 4:20 | 1 | - | - | 41 | |
| Schlüsie | 3.10 | 16:03 | 5:10 | 1 | - | 1 | - | 6.40 | 30:22 | 4:44 | 1 | - | - | 41 | |
| Hermannsklippe | 2.60 | 13:18 | 5:06 | 1 | - | 1 | - | 9.00 | 43:40 | 4:51 | 1 | - | - | 41 | |
| Brocken | 3.10 | 22:26 | 7:14 | 1 | - | 1 | - | 12.10 | 1:06:06 | 5:27 | 1 | - | - | 40 | |
| Eiserner Handwe | 3.60 | 15:38 | 4:20 | 1 | - | 1 | - | 15.70 | 1:21:44 | 5:12 | 1 | - | - | 41 | |
| Schlüsie | 4.00 | 14:52 | 3:43 | 1 | - | 1 | - | 19.70 | 1:36:36 | 4:54 | 1 | - | - | 35 | |
| Loddenke | 3.20 | 12:53 | 4:01 | 1 | - | 1 | - | 22.90 | 1:49:29 | 4:46 | 1 | - | - | 40 | |
| Ilseburg/Markt | 3.30 | 13:38 | 4:07 | 1 | - | 1 | - | 26.20 | 2:03:07 | 4:41 | 1 | - | - | 1 | - |