



# 41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

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Lehmann, Diana

□□: Potsdamer Laufclub

□□: 335

□□: 26.20 km

Brockenlauf

□□□□:

Frauen W30

□□□: 2:03:07

□□: 12.77 km/h

□□□□: 4:42 min/km

□□□□□/□□□: 15 (of 370)

□□□□□/□: 1 (of 53)

□□□□□□: 2:03:07

□□□□□: 1(of 7)

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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	
Ilsenburg/Markt	3.30	13:38	4:07	1	-	1	-	26.20	2:03:07	4:41	1	-	-	1	-