



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

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Kommerau, Carola

□□: Ilsenburg
 □□: 1061

□□: 26.20 km
 Brocken-Walking

□□□□:
 Walking Frauen

□□□: 3:50:03

□□: 6.83 km/h
 □□□□: 8:47 min/km

□□□□□/□□□: 6 (of 11)

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□□□□□□: 3:50:03

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	31:54	9:39	2	0:19	2	0:19	3.30	31:54	9:39	1	-	1	-
Schlüsie	3.10	fehlt!	-	-	-	-	-	6.40	-	-	-	-	-	-
Hermannsklippe	2.60	1:00:23	23:13	2	1:22	2	1:22	9.00	1:32:17	10:15	1	-	1	-
Brocken	3.10	45:37	14:42	3	0:51	3	0:51	12.10	2:17:54	11:23	1	-	1	-
Eiserner Handwe	3.60	26:46	7:26	1	-	1	-	15.70	2:44:40	10:29	1	-	1	-
Schlüsie	4.00	23:24	5:50	1	-	1	-	19.70	3:08:04	9:32	1	-	1	-
Loddenke	3.20	20:36	6:26	1	-	1	-	22.90	3:28:40	9:06	1	-	1	-
Ilsenburg/Markt	3.30	21:23	6:28	1	-	1	-	26.20	3:50:03	8:46	1	-	1	-