



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

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Bornhütter, Nicole

□□: Spiridon Frankfurt
 □□: 329

□□: 26.20 km
 Brockenlauf

□□□□:
 Frauen W40

□□□: 2:14:31

□□: 11.69 km/h
 □□□□: 5:08 min/km

□□□□□/□□□□: 44 (of 370)

□□□□□/□: 2 (of 53)

□□□□□□: 2:03:07

□□□□□: 1(of 11)

□□□□□□□: 2:14:31

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	18:12	5:30	3	1:07	12	3:53	3.30	18:12	5:30	1	-	29		
Schlüsie	3.10	18:17	5:53	1	-	3	2:14	6.40	36:29	5:42	1	-	29		
Hermannsklippe	2.60	15:30	5:57	1	-	3	2:12	9.00	51:59	5:46	1	-	29		
Brocken	3.10	24:14	7:49	1	-	2	1:48	12.10	1:16:13	6:17	1	-	28		
Eiserner Handwe	3.60	15:54	4:25	1	-	2	0:16	15.70	1:32:07	5:52	1	-	29		
Schlüsie	4.00	15:18	3:49	1	-	4	0:26	19.70	1:47:25	5:27	1	-	25		
Loddenke	3.20	13:09	4:06	1	-	2	0:16	22.90	2:00:34	5:15	1	-	28		
Ilsenburg/Markt	3.30	13:57	4:13	1	-	3	0:19	26.20	2:14:31	5:08	1	-	2	11:24	