



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

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Bartels, Kirstin

□□: Eintracht Hildesheim
□□: 88

□□: 26.20 km
Brockenlauf

□□□□:
Frauen W40

□□□: 2:37:17

□□: 9.99 km/h
□□□□: 6:00 min/km

□□□□□/□□□: 143 (of 370)

□□□□□/□: 14 (of 53)

□□□□□□: 2:03:07

□□□□□: 4(of 11)

□□□□□□□: 2:14:31

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 18:37 | 5:38 | 6 | 1:32 | 15 | 4:18 | 3.30 | 18:37 | 5:38 | 4 | 0:25 | 28 | | |
| Schlüsie | 3.10 | 20:36 | 6:38 | 5 | 2:19 | 15 | 4:33 | 6.40 | 39:13 | 6:07 | 4 | 2:44 | 28 | | |
| Hermannsklippe | 2.60 | 17:49 | 6:51 | 5 | 2:19 | 15 | 4:31 | 9.00 | 57:02 | 6:20 | 4 | 5:03 | 28 | | |
| Brocken | 3.10 | 31:24 | 10:07 | 5 | 7:10 | 20 | 8:58 | 12.10 | 1:28:26 | 7:18 | 4 | 12:13 | 27 | | |
| Eiserner Handwe | 3.60 | 19:05 | 5:18 | 5 | 3:11 | 16 | 3:27 | 15.70 | 1:47:31 | 6:50 | 4 | 15:24 | 28 | | |
| Schlüsie | 4.00 | 17:33 | 4:23 | 5 | 2:15 | 14 | 2:41 | 19.70 | 2:05:04 | 6:20 | 4 | 17:39 | 37 | | |
| Loddenke | 3.20 | 15:22 | 4:48 | 4 | 2:13 | 17 | 2:29 | 22.90 | 2:20:26 | 6:07 | 4 | 19:52 | 27 | | |
| Ilseburg/Markt | 3.30 | 16:51 | 5:06 | 5 | 2:54 | 21 | 3:13 | 26.20 | 2:37:17 | 6:00 | 4 | 22:46 | 14 | 34:10 | |