



41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

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Kreibohm, Sabrina

□□: MTV Goslar

□□: 171

□□: 26.20 km

Brockenlauf

□□□□:

Frauen W30

□□□: 2:39:55

□□: 9.76 km/h

□□□□: 6:06 min/km

□□□□□/□□□: 163 (of 370)

□□□□□/□: 17 (of 53)

□□□□□□: 2:03:07

□□□□□: 4(of 7)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:05	6:05	4	5:46	24	5:46	3.30	20:05	6:05	4	5:46	44	
Schlüsie	3.10	21:05	6:48	3	5:02	17	5:02	6.40	41:10	6:25	4	10:48	44	
Hermannsklippe	2.60	18:05	6:57	4	4:47	18	4:47	9.00	59:15	6:34	4	15:35	44	
Brocken	3.10	32:07	10:21	6	9:41	24	9:41	12.10	1:31:22	7:33	4	25:16	43	
Eiserner Handwe	3.60	19:02	5:17	4	3:24	15	3:24	15.70	1:50:24	7:01	4	28:40	44	
Schlüsie	4.00	17:38	4:24	4	2:46	15	2:46	19.70	2:08:02	6:29	4	31:26	40	
Loddenke	3.20	15:15	4:45	3	2:22	13	2:22	22.90	2:23:17	6:15	4	33:48	43	
Ilseburg/Markt	3.30	16:38	5:02	3	3:00	17	3:00	26.20	2:39:55	6:06	4	36:48	17	36:48