



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

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Klemme, Corinna

□□: LG TuS Lügde

□□: 69

□□: 26.20 km

Brockenlauf

□□□□:

Frauen W35

□□□: 2:40:23

□□: 9.80 km/h

□□□□: 6:07 min/km

□□□□□/□□□: 165 (of 370)

□□□□□/□: 18 (of 53)

□□□□□□: 2:03:07

□□□□□: 3(of 8)

□□□□□□□: 2:17:31

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:36	6:14	4	4:52	26	6:17	3.30	20:36	6:14	3	4:52	45		
Schlüsie	3.10	21:10	6:49	3	3:09	18	5:07	6.40	41:46	6:31	3	8:01	45		
Hermannsklippe	2.60	17:39	6:47	3	2:17	14	4:21	9.00	59:25	6:36	3	10:18	45		
Brocken	3.10	29:31	9:31	3	2:46	14	7:05	12.10	1:28:56	7:20	3	13:04	44		
Eiserner Handwe	3.60	22:17	6:11	6	6:03	35	6:39	15.70	1:51:13	7:05	3	19:07	45		
Schlüsie	4.00	18:47	4:41	3	3:39	23	3:55	19.70	2:10:00	6:35	3	22:46	41		
Loddenke	3.20	15:06	4:43	3	0:40	12	2:13	22.90	2:25:06	6:20	3	23:12	44		
Ilsenburg/Markt	3.30	15:17	4:37	1	-	8	1:39	26.20	2:40:23	6:07	3	22:52	18	37:16	