



41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

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Pfaff, Daniela

□□: Berlin

□□: 262

□□: 26.20 km

Brockenlauf

□□□□:

Frauen W30

□□□: 2:47:48

□□: 9.30 km/h

□□□□: 6:24 min/km

□□□□□/□□□: 214 (of 370)

□□□□□/□: 24 (of 53)

□□□□□□: 2:03:07

□□□□□: 5(of 7)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:37	6:51	6	8:18	40	8:18	3.30	22:37	6:51	5	8:18	51	
Schlüsie	3.10	24:11	7:48	6	8:08	37	8:08	6.40	46:48	7:18	5	16:26	51	
Hermannsklippe	2.60	20:06	7:43	6	6:48	29	6:48	9.00	1:06:54	7:26	5	23:14	8	
Brocken	3.10	30:48	9:56	5	8:22	18	8:22	12.10	1:37:42	8:04	5	31:36	50	
Eiserner Handwe	3.60	19:17	5:21	5	3:39	17	3:39	15.70	1:56:59	7:27	5	35:15	51	
Schlüsie	4.00	17:16	4:18	2	2:24	11	2:24	19.70	2:14:15	6:48	5	37:39	2	
Loddenke	3.20	15:40	4:53	5	2:47	20	2:47	22.90	2:29:55	6:32	5	40:26	50	
Ilseburg/Markt	3.30	17:53	5:25	6	4:15	32	4:15	26.20	2:47:48	6:24	5	44:41	24	44:41