



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

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Trautmann, Lisa

□□: Dresden

□□: 176

□□: 26.20 km

Brockenlauf

□□□□:

Frauen W30

□□□: 2:51:01

□□: 9.12 km/h

□□□□: 6:32 min/km

□□□□□/□□□: 229 (of 370)

□□□□□/□: 26 (of 53)

□□□□□□: 2:03:07

□□□□□: 6(of 7)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:45	6:17	5	6:26	27	6:26	3.30	20:45	6:17	6	6:26	53		
Schlüsie	3.10	22:24	7:13	5	6:21	27	6:21	6.40	43:09	6:44	6	12:47	53		
Hermannsklippe	2.60	19:45	7:35	5	6:27	26	6:27	9.00	1:02:54	6:59	6	19:14	53		
Brocken	3.10	32:48	10:34	7	10:22	25	10:22	12.10	1:35:42	7:54	6	29:36	52		
Eiserner Handwe	3.60	20:55	5:48	6	5:17	25	5:17	15.70	1:56:37	7:25	6	34:53	53		
Schlüsie	4.00	18:48	4:42	6	3:56	24	3:56	19.70	2:15:25	6:52	6	38:49	4		
Loddenke	3.20	18:01	5:37	6	5:08	36	5:08	22.90	2:33:26	6:42	6	43:57	52		
Ilseburg/Markt	3.30	17:35	5:19	5	3:57	26	3:57	26.20	2:51:01	6:31	6	47:54	26	47:54	