



# 41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

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**Baschin, Andrea**

□□: VfB Fallersleben

□□: 155

□□: 26.20 km

Brockenlauf

□□□□:

Frauen W50

□□□: 2:51:51

□□: 9.08 km/h

□□□□: 6:34 min/km

□□□□□/□□□: 235 (of 370)

□□□□□/□: 27 (of 53)

□□□□□□: 2:03:07

□□□□□: 1(of 4)

□□□□□□□: 2:51:51

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□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 23:01    | 6:58         | 4       | 1:21    | 44      | 8:42    | 3.30  | 23:01     | 6:58          | 1       | -       | 15      | 0:11    |
| Schlüsie        | 3.10     | 22:54    | 7:23         | 1       | -       | 28      | 6:51    | 6.40  | 45:55     | 7:10          | 1       | -       | 15      |         |
| Hermannsklippe  | 2.60     | 18:45    | 7:12         | 1       | -       | 23      | 5:27    | 9.00  | 1:04:40   | 7:11          | 1       | -       | 15      |         |
| Brocken         | 3.10     | 34:09    | 11:00        | 1       | -       | 29      | 11:43   | 12.10 | 1:38:49   | 8:09          | 1       | -       | 14      |         |
| Eiserner Handwe | 3.60     | 23:00    | 6:23         | 3       | 1:54    | 38      | 7:22    | 15.70 | 2:01:49   | 7:45          | 1       | -       | 15      |         |
| Schlüsie        | 4.00     | 18:36    | 4:39         | 1       | -       | 22      | 3:44    | 19.70 | 2:20:25   | 7:07          | 1       | -       | 5       |         |
| Loddenke        | 3.20     | 15:19    | 4:47         | 1       | -       | 16      | 2:26    | 22.90 | 2:35:44   | 6:48          | 1       | -       | 14      |         |
| Ilseburg/Markt  | 3.30     | 16:07    | 4:53         | 1       | -       | 14      | 2:29    | 26.20 | 2:51:51   | 6:33          | 1       | -       | 27      | 48:44   |