



41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

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Eyermann, Heike

□□: Brockenlaufverein
 □□: 247

□□: 26.20 km
 Brockenlauf

□□□□:
 Frauen W40

□□□: 2:54:16

□□: 9.02 km/h
 □□□□: 6:39 min/km

□□□□□/□□□: 245 (of 370)

□□□□□/□: 28 (of 53)

□□□□□□: 2:03:07

□□□□□: 7(of 11)

□□□□□□□: 2:14:31

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 19:49 | 6:00 | 8 | 2:44 | 22 | 5:30 | 3.30 | 19:49 | 6:00 | 7 | 1:37 | 2 | | |
| Schlüsie | 3.10 | 22:02 | 7:06 | 8 | 3:45 | 25 | 5:59 | 6.40 | 41:51 | 6:32 | 7 | 5:22 | 2 | | |
| Hermannsklippe | 2.60 | 19:39 | 7:33 | 7 | 4:09 | 25 | 6:21 | 9.00 | 1:01:30 | 6:49 | 7 | 9:31 | 2 | | |
| Brocken | 3.10 | 34:47 | 11:13 | 7 | 10:33 | 30 | 12:21 | 12.10 | 1:36:17 | 7:57 | 7 | 20:04 | 2 | | |
| Eiserner Handwe | 3.60 | 20:31 | 5:41 | 6 | 4:37 | 21 | 4:53 | 15.70 | 1:56:48 | 7:26 | 7 | 24:41 | 2 | | |
| Schlüsie | 4.00 | 19:24 | 4:50 | 6 | 4:06 | 27 | 4:32 | 19.70 | 2:16:12 | 6:54 | 7 | 28:47 | 6 | | |
| Loddenke | 3.20 | 18:00 | 5:37 | 9 | 4:51 | 35 | 5:07 | 22.90 | 2:34:12 | 6:44 | 7 | 33:38 | 2 | | |
| Ilseburg/Markt | 3.30 | 20:04 | 6:04 | 10 | 6:07 | 41 | 6:26 | 26.20 | 2:54:16 | 6:39 | 7 | 39:45 | 28 | 51:09 | |