



41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

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Freistedt, Ines

□□: Leipzig

□□: 84

□□: 26.20 km

Brockenlauf

□□□□:

Frauen W45

□□□: 2:54:27

□□: 8.94 km/h

□□□□: 6:40 min/km

□□□□□/□□□: 248 (of 370)

□□□□□/□: 30 (of 53)

□□□□□□: 2:03:07

□□□□□: 9(of 14)

□□□□□□□: 2:23:52

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:58	6:21	8	3:25	28	6:39	3.30	20:58	6:21	9	3:12	4	
Schlüsie	3.10	23:31	7:35	9	4:11	30	7:28	6.40	44:29	6:57	9	7:23	4	
Hermannsklippe	2.60	20:28	7:52	9	4:00	31	7:10	9.00	1:04:57	7:13	9	11:23	4	
Brocken	3.10	34:56	11:16	9	7:14	32	12:30	12.10	1:39:53	8:15	9	18:37	4	
Eiserner Handwe	3.60	22:10	6:09	10	4:34	34	6:32	15.70	2:02:03	7:46	9	23:08	4	
Schlüsie	4.00	19:56	4:59	10	4:40	33	5:04	19.70	2:21:59	7:12	9	27:19	8	
Loddenke	3.20	16:07	5:02	9	2:10	25	3:14	22.90	2:38:06	6:54	9	29:27	4	
Ilseburg/Markt	3.30	16:21	4:57	4	1:44	15	2:43	26.20	2:54:27	6:39	9	30:35	30	51:20