



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

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Sachse, Evelyn

□□: Holle

□□: 290

Enduro Long Men

□□□□:

Frauen W40

□□□: 2:55:17

□□: - km/h

□□□□: 6:41 min/km

□□□□□/□□□: 250 (of 370)

□□□□□/□: 31 (of 53)

□□□□□□: 2:03:07

□□□□□: 8(of 11)

□□□□□□□: 2:14:31

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:22	5:52	7	2:17	17	5:03	3.30	19:22	5:52	8	1:10	5		
Schlüsie	3.10	21:42	7:00	7	3:25	23	5:39	6.40	41:04	6:25	8	4:35	5		
Hermannsklippe	2.60	19:58	7:40	8	4:28	28	6:40	9.00	1:01:02	6:46	8	9:03	5		
Brocken	3.10	32:56	10:37	6	8:42	26	10:30	12.10	1:33:58	7:45	8	17:45	5		
Eiserner Handwe	3.60	24:27	6:47	9	8:33	43	8:49	15.70	1:58:25	7:32	8	26:18	5		
Schlüsie	4.00	21:19	5:19	9	6:01	41	6:27	19.70	2:19:44	7:05	8	32:19	9		
Loddenke	3.20	17:44	5:32	8	4:35	34	4:51	22.90	2:37:28	6:52	8	36:54	5		
Ilseburg/Markt	3.30	17:49	5:23	8	3:52	30	4:11	-	2:55:17	-	8	40:46	31	52:10	