



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

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Pauls, Christina

□□: Hildesheim

□□: 169

□□: 26.20 km

Brockenlauf

□□□□:

Frauen W35

□□□: 2:55:20

□□: 8.97 km/h

□□□□: 6:41 min/km

□□□□□/□□□: 251 (of 370)

□□□□□/□: 32 (of 53)

□□□□□□: 2:03:07

□□□□□: 5(of 8)

□□□□□□□: 2:17:31

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:42	5:58	3	3:58	20	5:23	3.30	19:42	5:58	5	3:58	6		
Schlüsie	3.10	23:17	7:30	5	5:16	29	7:14	6.40	42:59	6:42	5	9:14	6		
Hermannsklippe	2.60	20:10	7:45	5	4:48	30	6:52	9.00	1:03:09	7:00	5	14:02	6		
Brocken	3.10	34:05	10:59	5	7:20	28	11:39	12.10	1:37:14	8:02	5	21:22	6		
Eiserner Handwe	3.60	19:52	5:31	3	3:38	20	4:14	15.70	1:57:06	7:27	5	25:00	6		
Schlüsie	4.00	19:36	4:54	4	4:28	29	4:44	19.70	2:16:42	6:56	5	29:28	10		
Loddenke	3.20	19:00	5:56	7	4:34	41	6:07	22.90	2:35:42	6:47	5	33:48	6		
Ilsenburg/Markt	3.30	19:38	5:56	6	4:21	38	6:00	26.20	2:55:20	6:41	5	37:49	32	52:13	