



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

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Illgen, Ilona

□□: Braunschweig

□□: 75

□□: 26.20 km

Brockenlauf

□□□□:

Frauen W40

□□□: 3:00:43

□□: 8.63 km/h

□□□□: 6:54 min/km

□□□□□/□□□: 271 (of 370)

□□□□□/□: 36 (of 53)

□□□□□□: 2:03:07

□□□□□: 9(of 11)

□□□□□□□: 2:14:31

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:27	6:30	9	4:22	31	7:08	3.30	21:27	6:30	9	3:15	10	
Schlüsie	3.10	23:50	7:41	9	5:33	34	7:47	6.40	45:17	7:04	9	8:48	10	
Hermannsklippe	2.60	20:39	7:56	9	5:09	32	7:21	9.00	1:05:56	7:19	9	13:57	10	
Brocken	3.10	35:47	11:32	9	11:33	35	13:21	12.10	1:41:43	8:24	9	25:30	10	
Eiserner Handwe	3.60	22:49	6:20	8	6:55	37	7:11	15.70	2:04:32	7:55	9	32:25	10	
Schlüsie	4.00	21:09	5:17	8	5:51	40	6:17	19.70	2:25:41	7:23	9	38:16	14	0:45
Loddenke	3.20	17:25	5:26	7	4:16	33	4:32	22.90	2:43:06	7:07	9	42:32	10	
Ilsenburg/Markt	3.30	17:37	5:20	7	3:40	27	3:59	26.20	3:00:43	6:53	9	46:12	36	57:36