



# 41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

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Hotze, Silke

□□: Bovenden

□□: 367

□□: 26.20 km

Brockenlauf

□□□□:

Frauen W35

□□□: 3:05:08

□□: 8.49 km/h

□□□□: 7:04 min/km

□□□□□/□□□: 288 (of 370)

□□□□□/□: 38 (of 53)

□□□□□□: 2:03:07

□□□□□: 7(of 8)

□□□□□□□: 2:17:31

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:00	6:40	7	6:16	37	7:41	3.30	22:00	6:40	7	6:16	7		
Schlüsie	3.10	23:46	7:39	6	5:45	32	7:43	6.40	45:46	7:09	7	12:01	8		
Hermannsklippe	2.60	21:20	8:12	7	5:58	37	8:02	9.00	1:07:06	7:27	7	17:59	7		
Brocken	3.10	36:41	11:49	6	9:56	38	14:15	12.10	1:43:47	8:34	7	27:55	12		
Eiserner Handwe	3.60	21:45	6:02	5	5:31	32	6:07	15.70	2:05:32	7:59	7	33:26	12		
Schlüsie	4.00	20:42	5:10	7	5:34	38	5:50	19.70	2:26:14	7:25	7	39:00	16	1:18	
Loddenke	3.20	18:07	5:39	6	3:41	37	5:14	22.90	2:44:21	7:10	7	42:27	12		
Ilseburg/Markt	3.30	20:47	6:17	7	5:30	43	7:09	26.20	3:05:08	7:03	7	47:37	38	1:02:01	