



41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

□□□□

Stutzkowski, Elke

□□: Lok Blankenburg

□□: 383

□□: 26.20 km

Brockenlauf

□□□□:

Frauen W45

□□□: 3:14:23

□□: 8.03 km/h

□□□□: 7:25 min/km

□□□□□/□□□: 311 (of 370)

□□□□□/□: 41 (of 53)

□□□□□□: 2:03:07

□□□□□: 11(of 14)

□□□□□□□: 2:23:52

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:50	6:55	11	5:17	43	8:31	3.30	22:50	6:55	11	5:04	1	-	
Schlüsie	3.10	26:23	8:30	11	7:03	43	10:20	6.40	49:13	7:41	11	12:07	1	-	
Hermannsklippe	2.60	23:11	8:54	12	6:43	45	9:53	9.00	1:12:24	8:02	11	18:50	1	-	
Brocken	3.10	39:52	12:51	12	12:10	46	17:26	12.10	1:52:16	9:16	11	31:00	15	6:18	
Eiserner Handwe	3.60	23:29	6:31	11	5:53	39	7:51	15.70	2:15:45	8:38	11	36:50	1	-	
Schlüsie	4.00	20:23	5:05	11	5:07	37	5:31	19.70	2:36:08	7:55	11	41:28	19	11:12	
Loddenke	3.20	18:27	5:45	10	4:30	38	5:34	22.90	2:54:35	7:37	11	45:56	15	2:35	
Ilseburg/Markt	3.30	19:48	6:00	12	5:11	39	6:10	26.20	3:14:23	7:25	11	50:31	41	1:11:16	