



41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

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Ruhland, Dr. Kerstin

□□: LSV Kitzbühel

□□: 21

□□: 26.20 km

Brockenlauf

□□□□:

Frauen W55

□□□: 3:20:26

□□: 7.78 km/h

□□□□: 7:39 min/km

□□□□□/□□□□: 328 (of 370)

□□□□□/□: 44 (of 53)

□□□□□□: 2:03:07

□□□□□: 1(of 2)

□□□□□□□: 3:20:26

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	23:10	7:01	1	-	45	8:51	3.30	23:10	7:01	1	-	18	0:20
Schlüsie	3.10	25:50	8:19	1	-	42	9:47	6.40	49:00	7:39	1	-	18	
Hermannsklippe	2.60	21:50	8:23	1	-	39	8:32	9.00	1:10:50	7:52	1	-	18	
Brocken	3.10	37:06	11:58	1	-	41	14:40	12.10	1:47:56	8:55	1	-	18	1:58
Eiserner Handwe	3.60	26:28	7:21	2	0:06	50	10:50	15.70	2:14:24	8:33	1	-	18	
Schlüsie	4.00	24:27	6:06	1	-	44	9:35	19.70	2:38:51	8:03	1	-	22	13:55
Loddenke	3.20	20:18	6:20	1	-	43	7:25	22.90	2:59:09	7:49	1	-	18	7:09
Ilseburg/Markt	3.30	21:17	6:26	1	-	44	7:39	26.20	3:20:26	7:39	1	-	44	1:17:19