



# 41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

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Müller, Uta

□□: ESV Lok Döbeln

□□: 341

□□: 26.20 km

Brockenlauf

□□□□:

Frauen W45

□□□: 3:26:55

□□: 7.60 km/h

□□□□: 7:54 min/km

□□□□□/□□□: 335 (of 370)

□□□□□/□: 46 (of 53)

□□□□□□: 2:03:07

□□□□□: 13(of 14)

□□□□□□□: 2:23:52

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 25:08    | 7:36         | 13      | 7:35    | 50      | 10:49   | 3.30  | 25:08     | 7:36      | 13            | 7:22    | 20      | 2:18    |         |
| Schlüsie        | 3.10     | 27:22    | 8:49         | 13      | 8:02    | 48      | 11:19   | 6.40  | 52:30     | 8:12      | 13            | 15:24   | 20      | 3:17    |         |
| Hermannsklippe  | 2.60     | 23:57    | 9:12         | 13      | 7:29    | 46      | 10:39   | 9.00  | 1:16:27   | 8:29      | 13            | 22:53   | 20      | 4:03    |         |
| Brocken         | 3.10     | 40:26    | 13:02        | 13      | 12:44   | 47      | 18:00   | 12.10 | 1:56:53   | 9:39      | 13            | 35:37   | 20      | 10:55   |         |
| Eiserner Handwe | 3.60     | 25:02    | 6:57         | 13      | 7:26    | 45      | 9:24    | 15.70 | 2:21:55   | 9:02      | 13            | 43:00   | 20      | 6:10    |         |
| Schlüsie        | 4.00     | fehlt!   | -            | -       | -       | -       | -       | 19.70 | -         | -         | -             | -       | -       | -       |         |
| Loddenke        | 3.20     | 42:27    | 13:15        | 13      | 28:30   | 46      | 29:34   | 22.90 | 3:04:22   | 8:03      | 13            | 55:43   | 20      | 12:22   |         |
| Ilseburg/Markt  | 3.30     | 22:33    | 6:50         | 13      | 7:56    | 48      | 8:55    | 26.20 | 3:26:55   | 7:53      | 13            | 1:03:03 | 46      | 1:23:48 |         |