



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

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Adolf, Silke

□□: Blau Weiß Hettstedt
□□: 152

□□: 26.20 km
Brockenlauf

□□□□:
Frauen W40

□□□: 3:40:25

□□: 7.08 km/h
□□□□: 8:25 min/km

□□□□□/□□□: 350 (of 370)

□□□□□/□: 49 (of 53)

□□□□□□: 2:03:07

□□□□□: 11(of 11)

□□□□□□□: 2:14:31

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 23:49 | 7:13 | 11 | 6:44 | 46 | 9:30 | 3.30 | 23:49 | 7:13 | 11 | 5:37 | 23 | 0:59 | |
| Schlüsie | 3.10 | 27:32 | 8:52 | 11 | 9:15 | 49 | 11:29 | 6.40 | 51:21 | 8:01 | 11 | 14:52 | 23 | 2:08 | |
| Hermannsklippe | 2.60 | 24:19 | 9:21 | 11 | 8:49 | 47 | 11:01 | 9.00 | 1:15:40 | 8:24 | 11 | 23:41 | 21 | 3:16 | |
| Brocken | 3.10 | 40:48 | 13:09 | 10 | 16:34 | 49 | 18:22 | 12.10 | 1:56:28 | 9:37 | 11 | 40:15 | 23 | 10:30 | |
| Eiserner Handwe | 3.60 | 25:56 | 7:12 | 10 | 10:02 | 47 | 10:18 | 15.70 | 2:22:24 | 9:04 | 11 | 50:17 | 23 | 6:39 | |
| Schlüsie | 4.00 | fehlt! | - | - | - | - | - | 19.70 | - | - | - | - | - | - | |
| Loddenke | 3.20 | 53:07 | 16:35 | 11 | 39:58 | 52 | 40:14 | 22.90 | 3:15:31 | 8:32 | 11 | 1:14:57 | 23 | 23:31 | |
| Ilseburg/Markt | 3.30 | 24:54 | 7:32 | 11 | 10:57 | 51 | 11:16 | 26.20 | 3:40:25 | 8:24 | 11 | 1:25:54 | 49 | 1:37:18 | |