



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

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Bluschke, Monika

□□□: 3:45:21

□□: LG Osterwieck

□□: 6.92 km/h

□□: 250

□□□□: 8:36 min/km

□□: 26.20 km

□□□□□/□□□: 357 (of 370)

Brockenlauf

□□□□□/□: 50 (of 53)

□□□□□□: 2:03:07

□□□□:

□□□□□: 2(of 2)

Frauen W55

□□□□□□□: 3:20:26

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Loddenke	3.30	28:00	8:29	2	4:50	53	13:41	3.30	28:00	8:29	2	4:50	24	5:10
Schlüsie	3.10	32:10	10:22	2	6:20	53	16:07	6.40	1:00:10	9:24	2	11:10	24	10:57
Hermannsklippe	2.60	27:31	10:34	2	5:41	51	14:13	9.00	1:27:41	9:44	2	16:51	24	15:17
Brocken	3.10	42:31	13:42	2	5:25	50	20:05	12.10	2:10:12	10:45	2	22:16	24	24:14
Eiserner Handwe	3.60	26:22	7:19	1	-	49	10:44	15.70	2:36:34	9:58	2	22:10	24	20:49
Schlüsie	4.00	fehlt!	-	-	-	-	-	19.70	-	-	-	-	-	-
Loddenke	3.20	44:14	13:49	2	23:56	47	31:21	22.90	3:20:48	8:46	2	21:39	24	28:48
Ilsenburg/Markt	3.30	24:33	7:26	2	3:16	50	10:55	26.20	3:45:21	8:36	2	24:55	50	1:42:14