



42. Brockenlauf

Ilseburg / 01.09.2012

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Staebe, Erika

□□: LC Blueliner

□□: 231

□□: 26.20 km

Brockenlauf

□□□□:

Seniorinnen W50 (50-54 Jahre)

□□□: 2:16:44

□□: 11.41 km/h

□□□□: 5:13 min/km

□□□□□/□□□□: 99 (of 426)

□□□□□/□: 3 (of 55)

□□□□□□: 2:09:06

□□□□□: 1(of 10)

□□□□□□□: 2:16:44

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	16:33	5:00	1	-	5	1:08	3.30	16:33	5:00	1	-	31		
Schlüsie	3.10	17:56	5:47	1	-	4	0:43	6.40	34:29	5:23	1	-	31		
Hermannsklippe	2.60	16:06	6:11	1	-	3	0:29	9.00	50:35	5:37	1	-	31		
Brocken	3.10	26:10	8:26	1	-	4	1:41	12.10	1:16:45	6:20	1	-	30		
Eiserner Handwe	3.60	16:20	4:32	1	-	4	1:40	15.70	1:33:05	5:55	1	-	30		
Schlüsie	4.10	16:09	3:56	1	-	8	1:47	19.80	1:49:14	5:31	1	-	31		
Loddenke	3.10	13:10	4:14	1	-	7	3:50	22.90	2:02:24	5:20	1	-	31		
Ilseburg/Markt	3.30	14:20	4:20	1	-	3	0:51	26.20	2:16:44	5:13	1	-	3	7:38	