



42. Brockenlauf

Ilseburg / 01.09.2012

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Rische, Kerstin

□□: USC Magdeburg

□□: 281

□□: 26.20 km

Brockenlauf

□□□□:

Seniorinnen W50 (50-54 Jahre)

□□□: 2:33:16

□□: 10.18 km/h

□□□□: 5:51 min/km

□□□□□/□□□: 209 (of 426)

□□□□□/□: 13 (of 55)

□□□□□□: 2:09:06

□□□□□: 3(of 10)

□□□□□□□: 2:16:44

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	18:28	5:35	2	1:55	9	3:03	3.30	18:28	5:35	3	1:55	41		
Schlüsie	3.10	20:18	6:32	2	2:22	12	3:05	6.40	38:46	6:03	3	4:17	41		
Hermannsklippe	2.60	17:59	6:55	2	1:53	11	2:22	9.00	56:45	6:18	3	6:10	41		
Brocken	3.10	29:59	9:40	3	3:49	15	5:30	12.10	1:26:44	7:10	3	9:59	40		
Eiserner Handwe	3.60	17:42	4:54	2	1:22	7	3:02	15.70	1:44:26	6:39	3	11:21	40		
Schlüsie	4.10	17:18	4:13	4	1:09	16	2:56	19.80	2:01:44	6:08	3	12:30	41		
Loddenke	3.10	14:55	4:48	4	1:45	21	5:35	22.90	2:16:39	5:58	3	14:15	41		
Ilseburg/Markt	3.30	16:37	5:02	3	2:17	23	3:08	26.20	2:33:16	5:50	3	16:32	13	24:10	