



# 42. Brockenlauf

Ilsenburg / 01.09.2012

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**Ketzer, Ina**

□□: Iserlohner Triathlon Team  
 □□: 22

□□: 26.20 km  
 Brockenlauf

□□□□:  
 Seniorinnen W45 (45-49 Jahre)

□□□: 2:39:25

□□: 9.79 km/h  
 □□□□: 6:05 min/km

□□□□□/□□□: 254 (of 426)

□□□□□/□: 20 (of 55)

□□□□□□: 2:09:06

□□□□□: 3(of 14)

□□□□□□□: 2:23:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	18:57	5:44	3	1:22	16	3:32	3.30	18:57	5:44	3	1:22	42	
Schlüsie	3.10	20:35	6:38	2	2:06	16	3:22	6.40	39:32	6:10	3	3:28	48	
Hermannsklippe	2.60	18:54	7:16	2	1:42	19	3:17	9.00	58:26	6:29	3	5:10	48	
Brocken	3.10	29:07	9:23	2	0:45	12	4:38	12.10	1:27:33	7:14	3	5:55	47	
Eiserner Handwe	3.60	20:20	5:38	3	3:04	29	5:40	15.70	1:47:53	6:52	3	8:59	47	
Schlüsie	4.10	20:18	4:57	9	4:12	40	5:56	19.80	2:08:11	6:28	3	13:11	48	
Loddenke	3.10	15:23	4:57	4	2:18	27	6:03	22.90	2:23:34	6:16	3	15:29	48	
Ilsenburg/Markt	3.30	15:51	4:48	3	0:33	15	2:22	26.20	2:39:25	6:05	3	16:02	20	30:19