



# 42. Brockenlauf

Ilseburg / 01.09.2012

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Messerschmidt, Jacqueline

□□: Magdeburg

□□: 342

□□: 26.20 km

Brockenlauf

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 2:49:18

□□: 9.21 km/h

□□□□: 6:28 min/km

□□□□□/□□□: 319 (of 426)

□□□□□/□: 33 (of 55)

□□□□□□: 2:09:06

□□□□□: 6(of 14)

□□□□□□□: 2:23:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:13	6:07	7	2:38	30	4:48	3.30	20:13	6:07	6	2:38	6		
Schlüsie	3.10	22:45	7:20	5	4:16	32	5:32	6.40	42:58	6:42	6	6:54	6		
Hermannsklippe	2.60	20:57	8:03	5	3:45	33	5:20	9.00	1:03:55	7:06	6	10:39	6		
Brocken	3.10	32:24	10:27	5	4:02	26	7:55	12.10	1:36:19	7:57	6	14:41	6		
Eiserner Handwe	3.60	20:49	5:46	5	3:33	34	6:09	15.70	1:57:08	7:27	6	18:14	6		
Schlüsie	4.10	20:28	4:59	12	4:22	43	6:06	19.80	2:17:36	6:56	6	22:36	6		
Loddenke	3.10	15:24	4:58	5	2:19	28	6:04	22.90	2:33:00	6:40	6	24:55	6		
Ilseburg/Markt	3.30	16:18	4:56	5	1:00	19	2:49	26.20	2:49:18	6:27	6	25:55	33	40:12	