



42. Brockenlauf

Ilsenburg / 01.09.2012

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Langbecker, Yvonne

□□□: 2:55:32

□□: ESV 49 Angermünde Laufgruppe -Die Lokvögel-□□: 8.89 km/h

□□: 100

□□□□: 6:42 min/km

□□: 26.20 km

□□□□□/□□□: 345 (of 426)

Brockenlauf

□□□□□/□: 36 (of 55)

□□□□□□: 2:09:06

□□□□:

□□□□□: 8(of 14)

Seniorinnen W45 (45-49 Jahre)

□□□□□□□: 2:23:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:55	6:38	10	4:20	42	6:30	3.30	21:55	6:38	8	4:20	9	
Schlüsie	3.10	23:31	7:35	9	5:02	40	6:18	6.40	45:26	7:05	8	9:22	9	
Hermannsklippe	2.60	21:25	8:14	9	4:13	41	5:48	9.00	1:06:51	7:25	8	13:35	9	
Brocken	3.10	35:07	11:19	11	6:45	43	10:38	12.10	1:41:58	8:25	8	20:20	9	
Eiserner Handwe	3.60	20:36	5:43	4	3:20	33	5:56	15.70	2:02:34	7:48	8	23:40	9	
Schlüsie	4.10	20:20	4:57	11	4:14	42	5:58	19.80	2:22:54	7:13	8	27:54	9	
Loddenke	3.10	15:38	5:02	8	2:33	33	6:18	22.90	2:38:32	6:55	8	30:27	9	
Ilsenburg/Markt	3.30	17:00	5:09	8	1:42	29	3:31	26.20	2:55:32	6:41	8	32:09	36	46:26