



42. Brockenlauf

Ilsenburg / 01.09.2012

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Illgen, Ilona

□□: Braunschweig

□□: 443

□□: 26.20 km

Brockenlauf

□□□□:

Seniorinnen W40 (40-44 Jahre)

□□□: 2:55:55

□□: 8.87 km/h

□□□□: 6:43 min/km

□□□□□/□□□: 346 (of 426)

□□□□□/□: 37 (of 55)

□□□□□□: 2:09:06

□□□□□: 10(of 11)

□□□□□□□: 2:10:33

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:34	6:50	11	6:52	47	7:09	3.30	22:34	6:50	10	6:52	10	0:34
Schlüsie	3.10	23:46	7:39	10	6:33	41	6:33	6.40	46:20	7:14	10	13:25	10	
Hermannsklippe	2.60	21:05	8:06	10	5:28	35	5:28	9.00	1:07:25	7:29	10	18:53	10	
Brocken	3.10	33:02	10:39	10	7:17	33	8:33	12.10	1:40:27	8:18	10	26:10	10	
Eiserner Handwe	3.60	20:33	5:42	10	5:53	31	5:53	15.70	2:01:00	7:42	10	32:03	10	
Schlüsie	4.10	20:42	5:02	10	6:03	44	6:20	19.80	2:21:42	7:09	10	38:06	10	
Loddenke	3.10	15:53	5:07	10	3:17	38	6:33	22.90	2:37:35	6:52	10	41:23	10	
Ilsenburg/Markt	3.30	18:20	5:33	10	4:01	40	4:51	26.20	2:55:55	6:42	10	45:22	37	46:49