



42. Brockenlauf

Ilseburg / 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 | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ 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 | |
| Ilseburg/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 |