



# 42. Brockenlauf

Ilseburg / 01.09.2012

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Luhn, Gabi

□□: LT TSV Bienenbüttel

□□: 157

□□: 26.20 km

Brockenlauf

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 3:01:22

□□: 8.60 km/h

□□□□: 6:55 min/km

□□□□□/□□□: 369 (of 426)

□□□□□/□: 42 (of 55)

□□□□□□: 2:09:06

□□□□□: 10(of 14)

□□□□□□□: 2:23:23

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:00	6:40	11	4:25	43	6:35	3.30	22:00	6:40	10	4:25	1	-
Schlüsie	3.10	24:53	8:01	12	6:24	47	7:40	6.40	46:53	7:19	10	10:49	1	-
Hermannsklippe	2.60	22:33	8:40	12	5:21	46	6:56	9.00	1:09:26	7:42	10	16:10	1	-
Brocken	3.10	35:59	11:36	12	7:37	44	11:30	12.10	1:45:25	8:42	10	23:47	1	-
Eiserner Handwe	3.60	21:27	5:57	11	4:11	42	6:47	15.70	2:06:52	8:04	10	27:58	1	-
Schlüsie	4.10	19:36	4:46	4	3:30	31	5:14	19.80	2:26:28	7:23	10	31:28	1	-
Loddenke	3.10	16:01	5:09	9	2:56	40	6:41	22.90	2:42:29	7:05	10	34:24	1	-
Ilseburg/Markt	3.30	18:53	5:43	10	3:35	43	5:24	26.20	3:01:22	6:55	10	37:59	42	52:16