



# 42. Brockenlauf

Ilseburg / 01.09.2012

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**Bluschke, Monika**

□□: LG Osterwieck

□□: 284

□□: 26.20 km

Brockenlauf

□□□□:

Seniorinnen W55 (55-59 Jahre)

□□□: 3:39:46

□□: 7.10 km/h

□□□□: 8:23 min/km

□□□□□/□□□: 418 (of 426)

□□□□□/□: 54 (of 55)

□□□□□□: 2:09:06

□□□□□: 3(of 3)

□□□□□□□: 3:19:57

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	28:29	8:37	3	4:28	55	13:04	3.30	28:29	8:37	3	4:28	28	6:29
Schlüsie	3.10	31:36	10:11	3	4:41	55	14:23	6.40	1:00:05	9:23	3	9:09	28	13:12
Hermannsklippe	2.60	27:47	10:41	3	3:08	55	12:10	9.00	1:27:52	9:45	3	12:17	28	18:26
Brocken	3.10	41:23	13:20	3	4:00	54	16:54	12.10	2:09:15	10:40	3	13:37	27	23:50
Eiserner Handwe	3.60	24:38	6:50	3	2:43	53	9:58	15.70	2:33:53	9:48	3	14:52	27	27:01
Schlüsie	4.10	22:56	5:35	3	0:39	53	8:34	19.80	2:56:49	8:55	3	15:18	28	30:21
Loddenke	3.10	19:32	6:18	3	0:58	54	10:12	22.90	3:16:21	8:34	3	16:16	28	33:52
Ilseburg/Markt	3.30	23:25	7:05	3	3:33	54	9:56	26.20	3:39:46	8:23	3	19:49	54	1:30:40