



43. Brockenlauf

Ilseburg / 07.09.2013

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Asztemborska, Zuzanna

□□: ECCO Better Running Club

□□: 293

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W35 (35-39 Jahre)

□□□: 2:11:42

□□: 11.85 km/h

□□□□: 5:02 min/km

□□□□□/□□□: 44 (of 456)

□□□□□/□: 1 (of 57)

□□□□□□: 2:11:42

□□□□□: 1(of 4)

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 15:43 | 4:45 | 1 | - | 2 | 0:02 | 3.30 | 15:43 | 4:45 | 1 | - | 44 | |
| Schlüsie | 3.10 | 17:24 | 5:36 | 1 | - | 1 | - | 6.40 | 33:07 | 5:10 | 1 | - | 44 | |
| Hermannsklippe | 2.60 | 15:16 | 5:52 | 1 | - | 1 | - | 9.00 | 48:23 | 5:22 | 1 | - | 44 | |
| Brocken | 3.10 | 24:47 | 7:59 | 1 | - | 2 | 0:22 | 12.10 | 1:13:10 | 6:02 | 1 | - | 44 | |
| Eiserner Handwe | 3.60 | 16:02 | 4:27 | 2 | 0:11 | 3 | 0:11 | 15.70 | 1:29:12 | 5:40 | 1 | - | 44 | |
| Schlüsie | 4.10 | 15:25 | 3:45 | 2 | 1:02 | 5 | 1:02 | 19.80 | 1:44:37 | 5:17 | 1 | - | 44 | |
| Loddenke | 3.10 | 13:04 | 4:12 | 2 | 0:24 | 5 | 0:49 | 22.90 | 1:57:41 | 5:08 | 1 | - | 44 | |
| Ilseburg/Markt | 3.30 | 14:01 | 4:14 | 2 | 0:18 | 3 | 0:41 | 26.20 | 2:11:42 | 5:01 | 1 | - | 1 | - |