



43. Brockenlauf

Ilseburg / 07.09.2013

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Fleig, Sabine

□□: NSV Wernigerode

□□: 383

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W50 (50-54 Jahre)

□□□: 2:23:33

□□: 10.87 km/h

□□□□: 5:29 min/km

□□□□□/□□□: 105 (of 456)

□□□□□/□: 6 (of 57)

□□□□□□: 2:11:42

□□□□□: 1(of 8)

□□□□□□□: 2:23:33

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 17:10 | 5:12 | 1 | - | 6 | 1:29 | 3.30 | 17:10 | 5:12 | 1 | - | 35 | | |
| Schlüsie | 3.10 | 19:01 | 6:08 | 1 | - | 6 | 1:37 | 6.40 | 36:11 | 5:39 | 1 | - | 35 | | |
| Hermannsklippe | 2.60 | 16:54 | 6:29 | 1 | - | 5 | 1:38 | 9.00 | 53:05 | 5:53 | 1 | - | 35 | | |
| Brocken | 3.10 | 24:25 | 7:52 | 1 | - | 1 | - | 12.10 | 1:17:30 | 6:24 | 1 | - | 35 | | |
| Eiserner Handwe | 3.60 | 17:40 | 4:54 | 1 | - | 10 | 1:49 | 15.70 | 1:35:10 | 6:03 | 1 | - | 35 | | |
| Schlüsie | 4.10 | 17:06 | 4:10 | 1 | - | 9 | 2:43 | 19.80 | 1:52:16 | 5:40 | 1 | - | 35 | | |
| Loddenke | 3.10 | 14:35 | 4:42 | 1 | - | 14 | 2:20 | 22.90 | 2:06:51 | 5:32 | 1 | - | 35 | | |
| Ilseburg/Markt | 3.30 | 16:42 | 5:03 | 2 | 1:06 | 22 | 3:22 | 26.20 | 2:23:33 | 5:28 | 1 | - | 6 | 11:51 | |