



43. Brockenlauf

Ilseburg / 07.09.2013

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Grimm, Sandra

□□: SV Bremkausen/Bosseborn
 □□: 464

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W40 (40-44 Jahre)

□□□: 2:25:06

□□: 10.75 km/h
 □□□□: 5:32 min/km

□□□□□/□□□: 117 (of 456)

□□□□□/□: 7 (of 57)

□□□□□□: 2:11:42

□□□□□: 1(of 11)

□□□□□□□: 2:25:06

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 17:03 | 5:10 | 1 | - | 5 | 1:22 | 3.30 | 17:03 | 5:10 | 1 | - | 36 | |
| Schlüsie | 3.10 | 19:15 | 6:12 | 1 | - | 7 | 1:51 | 6.40 | 36:18 | 5:40 | 1 | - | 36 | |
| Hermannsklippe | 2.60 | 17:08 | 6:35 | 1 | - | 7 | 1:52 | 9.00 | 53:26 | 5:56 | 1 | - | 36 | |
| Brocken | 3.10 | 29:03 | 9:22 | 1 | - | 6 | 4:38 | 12.10 | 1:22:29 | 6:49 | 1 | - | 36 | |
| Eiserner Handwe | 3.60 | 17:15 | 4:47 | 1 | - | 7 | 1:24 | 15.70 | 1:39:44 | 6:21 | 1 | - | 36 | |
| Schlüsie | 4.10 | 16:40 | 4:03 | 1 | - | 8 | 2:17 | 19.80 | 1:56:24 | 5:52 | 1 | - | 36 | |
| Loddenke | 3.10 | 13:38 | 4:23 | 1 | - | 7 | 1:23 | 22.90 | 2:10:02 | 5:40 | 1 | - | 36 | |
| Ilseburg/Markt | 3.30 | 15:04 | 4:33 | 1 | - | 7 | 1:44 | 26.20 | 2:25:06 | 5:32 | 1 | - | 7 | 13:24 |