



# 43. Brockenlauf

Ilsenburg / 07.09.2013

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**Geske, Mandy**

□□: VLV Oberzwota  
 □□: 11

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Seniorinnen W45 (45-49 Jahre)

□□□: 2:27:27

□□: 10.58 km/h  
 □□□□: 5:38 min/km

□□□□□/□□□: 137 (of 456)

□□□□□/□: 8 (of 57)

□□□□□□: 2:11:42

□□□□□: 1(of 13)

□□□□□□□: 2:27:27

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| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 18:34    | 5:37         | 1       | -       | 12      | 2:53    | 3.30  | 18:34     | 5:37      | 1             | -       | 37      |         |         |
| Schlüsie        | 3.10     | 20:02    | 6:27         | 1       | -       | 11      | 2:38    | 6.40  | 38:36     | 6:01      | 1             | -       | 37      |         |         |
| Hermannsklippe  | 2.60     | 18:14    | 7:00         | 1       | -       | 10      | 2:58    | 9.00  | 56:50     | 6:18      | 1             | -       | 37      |         |         |
| Brocken         | 3.10     | 30:21    | 9:47         | 2       | 0:01    | 12      | 5:56    | 12.10 | 1:27:11   | 7:12      | 1             | -       | 37      |         |         |
| Eiserner Handwe | 3.60     | 16:22    | 4:32         | 1       | -       | 5       | 0:31    | 15.70 | 1:43:33   | 6:35      | 1             | -       | 37      |         |         |
| Schlüsie        | 4.10     | 15:46    | 3:50         | 1       | -       | 6       | 1:23    | 19.80 | 1:59:19   | 6:01      | 1             | -       | 37      |         |         |
| Loddenke        | 3.10     | 13:13    | 4:15         | 1       | -       | 6       | 0:58    | 22.90 | 2:12:32   | 5:47      | 1             | -       | 37      |         |         |
| Ilsenburg/Markt | 3.30     | 14:55    | 4:31         | 1       | -       | 6       | 1:35    | 26.20 | 2:27:27   | 5:37      | 1             | -       | 8       | 15:45   |         |