



43. Brockenlauf

Ilsenburg / 07.09.2013

□□□□

Wehmeier, Nicole

□□: Brockenlaufverein Ilsenburg
 □□: 358

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W35 (35-39 Jahre)

□□□: 2:32:30

□□: 10.23 km/h
 □□□□: 5:49 min/km

□□□□□/□□□: 164 (of 456)

□□□□□/□: 11 (of 57)

□□□□□□: 2:11:42

□□□□□: 3(of 4)

□□□□□□□: 2:11:42

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 18:21 | 5:33 | 3 | 2:38 | 10 | 2:40 | 3.30 | 18:21 | 5:33 | 3 | 2:38 | 40 | |
| Schlüsie | 3.10 | 19:31 | 6:17 | 3 | 2:07 | 9 | 2:07 | 6.40 | 37:52 | 5:54 | 3 | 4:45 | 40 | |
| Hermannsklippe | 2.60 | 18:14 | 7:00 | 3 | 2:58 | 10 | 2:58 | 9.00 | 56:06 | 6:14 | 3 | 7:43 | 40 | |
| Brocken | 3.10 | 30:08 | 9:43 | 4 | 5:21 | 10 | 5:43 | 12.10 | 1:26:14 | 7:07 | 3 | 13:04 | 40 | |
| Eiserner Handwe | 3.60 | 18:03 | 5:00 | 3 | 2:12 | 12 | 2:12 | 15.70 | 1:44:17 | 6:38 | 3 | 15:05 | 40 | |
| Schlüsie | 4.10 | 17:14 | 4:12 | 4 | 2:51 | 12 | 2:51 | 19.80 | 2:01:31 | 6:08 | 3 | 16:54 | 40 | |
| Loddenke | 3.10 | 14:46 | 4:45 | 4 | 2:06 | 20 | 2:31 | 22.90 | 2:16:17 | 5:57 | 3 | 18:36 | 40 | |
| Ilsenburg/Markt | 3.30 | 16:13 | 4:54 | 3 | 2:30 | 16 | 2:53 | 26.20 | 2:32:30 | 5:49 | 3 | 20:48 | 11 | 20:48 |