



# 43. Brockenlauf

Ilseburg / 07.09.2013

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Schmidt, Carolin

□□: Lüneburg

□□: 229

□□: 26.20 km

26,2 km - Lauf

□□□□:

Frauen (20-29 Jahre)

□□□: 2:35:47

□□: 10.01 km/h

□□□□: 5:57 min/km

□□□□□/□□□: 185 (of 456)

□□□□□/□: 13 (of 57)

□□□□□□: 2:11:42

□□□□□: 3(of 7)

□□□□□□□: 2:12:28

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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     | 17:28    | 5:17         | 3       | 1:47    | 9       | 1:47    | 3.30  | 17:28     | 5:17      | 3             | 0:38    | 42      |         |         |
| Schlüsie        | 3.10     | 20:23    | 6:34         | 3       | 2:57    | 12      | 2:59    | 6.40  | 37:51     | 5:54      | 3             | 3:35    | 42      |         |         |
| Hermannsklippe  | 2.60     | 19:31    | 7:30         | 5       | 4:01    | 22      | 4:15    | 9.00  | 57:22     | 6:22      | 3             | 7:36    | 42      |         |         |
| Brocken         | 3.10     | 32:09    | 10:22        | 3       | 6:06    | 25      | 7:44    | 12.10 | 1:29:31   | 7:23      | 3             | 13:42   | 42      |         |         |
| Eiserner Handwe | 3.60     | 18:25    | 5:06         | 3       | 2:19    | 13      | 2:34    | 15.70 | 1:47:56   | 6:52      | 3             | 16:01   | 42      |         |         |
| Schlüsie        | 4.10     | 19:10    | 4:40         | 6       | 4:12    | 28      | 4:47    | 19.80 | 2:07:06   | 6:25      | 3             | 20:13   | 42      |         |         |
| Loddenke        | 3.10     | 13:53    | 4:28         | 3       | 1:38    | 8       | 1:38    | 22.90 | 2:20:59   | 6:09      | 3             | 21:51   | 42      |         |         |
| Ilseburg/Markt  | 3.30     | 14:48    | 4:29         | 2       | 1:28    | 4       | 1:28    | 26.20 | 2:35:47   | 5:56      | 3             | 23:19   | 13      | 24:05   |         |