



43. Brockenlauf

Ilsenburg / 07.09.2013

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Friedrich, Ilka

□□: LC Blueliner
 □□: 474

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W40 (40-44 Jahre)

□□□: 2:41:32

□□: 9.66 km/h
 □□□□: 6:10 min/km

□□□□□/□□□: 229 (of 456)

□□□□□/□: 19 (of 57)

□□□□□□: 2:11:42

□□□□□: 3(of 11)

□□□□□□□: 2:25:06

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:49	6:00	6	2:46	22	4:08	3.30	19:49	6:00	3	2:46	48	
Schlüsie	3.10	20:44	6:41	3	1:29	14	3:20	6.40	40:33	6:20	3	4:15	48	
Hermannsklippe	2.60	19:19	7:25	4	2:11	21	4:03	9.00	59:52	6:39	3	6:26	48	
Brocken	3.10	31:38	10:12	4	2:35	18	7:13	12.10	1:31:30	7:33	3	9:01	48	
Eiserner Handwe	3.60	19:37	5:26	4	2:22	25	3:46	15.70	1:51:07	7:04	3	11:23	48	
Schlüsie	4.10	19:40	4:47	6	3:00	29	5:17	19.80	2:10:47	6:36	3	14:23	48	
Loddenke	3.10	14:36	4:42	3	0:58	15	2:21	22.90	2:25:23	6:20	3	15:21	48	
Ilsenburg/Markt	3.30	16:09	4:53	3	1:05	15	2:49	26.20	2:41:32	6:09	3	16:26	19	29:50