



# 43. Brockenlauf

Ilseburg / 07.09.2013

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**Kreibohm, Sabrina**

□□: MTV Goslar  
 □□: 325

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Seniorinnen W30 (30-34 Jahre)

□□□: 2:42:14

□□: 9.62 km/h  
 □□□□: 6:11 min/km

□□□□□/□□□: 231 (of 456)

□□□□□/□: 20 (of 57)

□□□□□□: 2:11:42

□□□□□: 4(of 5)

□□□□□□□: 2:18:44

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□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 20:00    | 6:03         | 4       | 3:38    | 23      | 4:19    | 3.30  | 20:00     | 6:03          | 4       | 3:38    | 49      |         |
| Schlüsie        | 3.10     | 20:58    | 6:45         | 4       | 2:46    | 18      | 3:34    | 6.40  | 40:58     | 6:24          | 4       | 6:24    | 49      |         |
| Hermannsklippe  | 2.60     | 18:52    | 7:15         | 3       | 1:52    | 15      | 3:36    | 9.00  | 59:50     | 6:38          | 4       | 8:16    | 49      |         |
| Brocken         | 3.10     | 31:42    | 10:13        | 3       | 2:54    | 20      | 7:17    | 12.10 | 1:31:32   | 7:33          | 4       | 11:10   | 49      |         |
| Eiserner Handwe | 3.60     | 19:02    | 5:17         | 3       | 3:02    | 16      | 3:11    | 15.70 | 1:50:34   | 7:02          | 4       | 14:12   | 49      |         |
| Schlüsie        | 4.10     | 19:48    | 4:49         | 5       | 4:53    | 31      | 5:25    | 19.80 | 2:10:22   | 6:35          | 4       | 19:05   | 49      |         |
| Loddenke        | 3.10     | 15:13    | 4:54         | 3       | 2:39    | 21      | 2:58    | 22.90 | 2:25:35   | 6:21          | 4       | 21:44   | 49      |         |
| Ilseburg/Markt  | 3.30     | 16:39    | 5:02         | 4       | 1:46    | 21      | 3:19    | 26.20 | 2:42:14   | 6:11          | 4       | 23:30   | 20      | 30:32   |