



43. Brockenlauf

Ilseburg / 07.09.2013

□□□□

Roessler, Ines

□□: VfB-Fallersleben
 □□: 170

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W45 (45-49 Jahre)

□□□: 2:44:12

□□: 9.50 km/h
 □□□□: 6:16 min/km

□□□□□/□□□: 247 (of 456)

□□□□□/□: 23 (of 57)

□□□□□□: 2:11:42

□□□□□: 4(of 13)

□□□□□□□: 2:27:27

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:07	6:42	11	3:33	47	6:26	3.30	22:07	6:42	4	3:33	52	
Schlüsie	3.10	22:15	7:10	4	2:13	31	4:51	6.40	44:22	6:55	4	5:46	52	
Hermannsklippe	2.60	18:39	7:10	2	0:25	13	3:23	9.00	1:03:01	7:00	4	6:11	52	
Brocken	3.10	31:03	10:00	3	0:43	15	6:38	12.10	1:34:04	7:46	4	6:53	52	
Eiserner Handwe	3.60	19:34	5:26	5	3:12	24	3:43	15.70	1:53:38	7:14	4	10:05	52	
Schlüsie	4.10	19:56	4:51	6	4:10	32	5:33	19.80	2:13:34	6:44	4	14:15	52	
Loddenke	3.10	15:26	4:58	5	2:13	25	3:11	22.90	2:29:00	6:30	4	16:28	52	
Ilseburg/Markt	3.30	15:12	4:36	2	0:17	10	1:52	26.20	2:44:12	6:16	4	16:45	23	32:30