



43. Brockenlauf

Ilseburg / 07.09.2013

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Arnhold, Petra

□□: Rennsteiglaufverein

□□: 225

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W50 (50-54 Jahre)

□□□: 2:46:27

□□: 9.37 km/h

□□□□: 6:21 min/km

□□□□□/□□□: 261 (of 456)

□□□□□/□: 25 (of 57)

□□□□□□: 2:11:42

□□□□□: 3(of 8)

□□□□□□□: 2:23:33

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:37	6:14	2	3:27	29	4:56	3.30	20:37	6:14	3	3:27	54		
Schlüsie	3.10	22:04	7:07	3	3:03	28	4:40	6.40	42:41	6:40	3	6:30	54		
Hermannsklippe	2.60	19:36	7:32	4	2:42	26	4:20	9.00	1:02:17	6:55	3	9:12	54		
Brocken	3.10	31:03	10:00	2	6:38	15	6:38	12.10	1:33:20	7:42	3	15:50	54		
Eiserner Handwe	3.60	19:45	5:29	3	2:05	28	3:54	15.70	1:53:05	7:12	3	17:55	54		
Schlüsie	4.10	18:54	4:36	3	1:48	25	4:31	19.80	2:11:59	6:39	3	19:43	54		
Loddenke	3.10	16:18	5:15	3	1:43	33	4:03	22.90	2:28:17	6:28	3	21:26	54		
Ilseburg/Markt	3.30	18:10	5:30	5	2:34	35	4:50	26.20	2:46:27	6:21	3	22:54	25	34:45	