



43. Brockenlauf

Ilseburg / 07.09.2013

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Danner, Tina

□□: Team Erdinger Alkoholfrei

□□: 71

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W40 (40-44 Jahre)

□□□: 2:52:18

□□: 9.05 km/h

□□□□: 6:35 min/km

□□□□□/□□□: 298 (of 456)

□□□□□/□: 31 (of 57)

□□□□□□: 2:11:42

□□□□□: 8(of 11)

□□□□□□□: 2:25:06

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:52	6:19	9	3:49	33	5:11	3.30	20:52	6:19	8	3:49	3		
Schlüsie	3.10	22:38	7:18	9	3:23	34	5:14	6.40	43:30	6:47	8	7:12	3		
Hermannsklippe	2.60	20:48	8:00	8	3:40	35	5:32	9.00	1:04:18	7:08	8	10:52	3		
Brocken	3.10	33:30	10:48	6	4:27	28	9:05	12.10	1:37:48	8:04	8	15:19	3		
Eiserner Handwe	3.60	20:16	5:37	8	3:01	33	4:25	15.70	1:58:04	7:31	8	18:20	3		
Schlüsie	4.10	20:39	5:02	8	3:59	35	6:16	19.80	2:18:43	7:00	8	22:19	3		
Loddenke	3.10	15:46	5:05	6	2:08	28	3:31	22.90	2:34:29	6:44	8	24:27	3		
Ilseburg/Markt	3.30	17:49	5:23	8	2:45	29	4:29	26.20	2:52:18	6:34	8	27:12	31	40:36	