



43. Brockenlauf

Ilseburg / 07.09.2013

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Geissinger, Dagmar

□□: Berlin

□□: 426

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W55 (55-59 Jahre)

□□□: 2:52:37

□□: 9.11 km/h

□□□□: 6:35 min/km

□□□□□/□□□: 300 (of 456)

□□□□□/□: 32 (of 57)

□□□□□□: 2:11:42

□□□□□: 1(of 7)

□□□□□□□: 2:52:37

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:05	6:23	3	0:54	36	5:24	3.30	21:05	6:23	1	-	4		
Schlüsie	3.10	21:41	6:59	1	-	24	4:17	6.40	42:46	6:40	1	-	4		
Hermannsklippe	2.60	19:37	7:32	1	-	27	4:21	9.00	1:02:23	6:55	1	-	4		
Brocken	3.10	31:51	10:16	1	-	23	7:26	12.10	1:34:14	7:47	1	-	4		
Eiserner Handwe	3.60	21:24	5:56	3	1:41	35	5:33	15.70	1:55:38	7:21	1	-	4		
Schlüsie	4.10	21:22	5:12	4	2:42	38	6:59	19.80	2:17:00	6:55	1	-	4		
Loddenke	3.10	17:11	5:32	3	1:07	40	4:56	22.90	2:34:11	6:43	1	-	4		
Ilseburg/Markt	3.30	18:26	5:35	2	0:30	37	5:06	26.20	2:52:37	6:35	1	-	32	40:55	