



43. Brockenlauf

Ilseburg / 07.09.2013

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Meise, Karin

□□: Höxter

□□: 306

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W50 (50-54 Jahre)

□□□: 3:01:18

□□: 8.60 km/h

□□□□: 6:55 min/km

□□□□□/□□□: 342 (of 456)

□□□□□/□: 40 (of 57)

□□□□□□: 2:11:42

□□□□□: 6(of 8)

□□□□□□□: 2:23:33

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:34	6:32	5	4:24	40	5:53	3.30	21:34	6:32	6	4:24	12	
Schlüsie	3.10	22:12	7:09	5	3:11	30	4:48	6.40	43:46	6:50	6	7:35	12	
Hermannsklippe	2.60	19:59	7:41	5	3:05	29	4:43	9.00	1:03:45	7:04	6	10:40	12	
Brocken	3.10	31:48	10:15	4	7:23	21	7:23	12.10	1:35:33	7:53	6	18:03	12	
Eiserner Handwe	3.60	24:10	6:42	7	6:30	48	8:19	15.70	1:59:43	7:37	6	24:33	12	
Schlüsie	4.10	24:16	5:55	8	7:10	53	9:53	19.80	2:23:59	7:16	6	31:43	12	
Loddenke	3.10	18:07	5:50	7	3:32	47	5:52	22.90	2:42:06	7:04	6	35:15	12	
Ilseburg/Markt	3.30	19:12	5:49	6	3:36	41	5:52	26.20	3:01:18	6:55	6	37:45	40	49:36