



43. Brockenlauf

Ilseburg / 07.09.2013

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Flormann, Petra

□□: LG Höxter
 □□: 334

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W50 (50-54 Jahre)

□□□: 3:01:18

□□: 8.67 km/h
 □□□□: 6:55 min/km

□□□□□/□□□: 343 (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	21:06	6:23	4	3:56	37	5:25	3.30	21:06	6:23	7	3:56	13	
Schlüsie	3.10	22:40	7:18	6	3:39	35	5:16	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	24:11	6:43	8	6:31	49	8:20	15.70	1:59:44	7:37	7	24:34	13	
Schlüsie	4.10	24:15	5:54	7	7:09	52	9:52	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