



43. Brockenlauf

Ilseburg / 07.09.2013

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Böhme, Astrid

□□: Brandenburg

□□: 441

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 3:02:26

□□: 8.55 km/h

□□□□: 6:58 min/km

□□□□□/□□□: 347 (of 456)

□□□□□/□: 44 (of 57)

□□□□□□: 2:11:42

□□□□□: 8(of 13)

□□□□□□□: 2:27:27

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:38	6:51	12	4:04	50	6:57	3.30	22:38	6:51	8	4:04	1	-	
Schlüsie	3.10	23:14	7:29	8	3:12	38	5:50	6.40	45:52	7:09	8	7:16	1	-	
Hermannsklippe	2.60	22:39	8:42	9	4:25	46	7:23	9.00	1:08:31	7:36	8	11:41	1	-	
Brocken	3.10	36:20	11:43	7	6:00	44	11:55	12.10	1:44:51	8:39	8	17:40	1	-	
Eiserner Handwe	3.60	21:32	5:58	7	5:10	38	5:41	15.70	2:06:23	8:02	8	22:50	1	-	
Schlüsie	4.10	21:22	5:12	7	5:36	38	6:59	19.80	2:27:45	7:27	8	28:26	1	-	
Loddenke	3.10	16:34	5:20	7	3:21	35	4:19	22.90	2:44:19	7:10	8	31:47	1	-	
Ilseburg/Markt	3.30	18:07	5:29	5	3:12	33	4:47	26.20	3:02:26	6:57	8	34:59	44	50:44	