



# 43. Brockenlauf

Ilseburg / 07.09.2013

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Schäfers, Anette

□□: LT Elsen-Wewer  
 □□: 121

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Seniorinnen W55 (55-59 Jahre)

□□□: 3:06:32

□□: 8.36 km/h  
 □□□□: 7:07 min/km

□□□□□/□□□: 365 (of 456)

□□□□□/□: 47 (of 57)

□□□□□□: 2:11:42

□□□□□: 4(of 7)

□□□□□□□: 2:52:37

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:49	6:54	4	2:38	51	7:08	3.30	22:49	6:54	4	1:44	19	0:11
Schlüsie	3.10	25:20	8:10	4	3:39	49	7:56	6.40	48:09	7:31	4	5:23	19	2:17
Hermannsklippe	2.60	22:47	8:45	4	3:10	47	7:31	9.00	1:10:56	7:52	4	8:33	19	2:25
Brocken	3.10	39:13	12:39	4	7:22	48	14:48	12.10	1:50:09	9:06	4	15:55	19	5:18
Eiserner Handwe	3.60	21:29	5:58	4	1:46	36	5:38	15.70	2:11:38	8:23	4	16:00	19	5:15
Schlüsie	4.10	20:54	5:05	3	2:14	36	6:31	19.80	2:32:32	7:42	4	15:32	19	4:47
Loddenke	3.10	16:04	5:10	1	-	31	3:49	22.90	2:48:36	7:21	4	14:25	19	4:17
Ilseburg/Markt	3.30	17:56	5:26	1	-	32	4:36	26.20	3:06:32	7:07	4	13:55	47	54:50