



43. Brockenlauf  
Ilseburg / 07.09.2013

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Stutzkowski, Elke

□□□: 3:12:32

□□: 485

□□: 8.10 km/h

□□□□: 7:21 min/km

□□: 26.20 km

□□□□□/□□□: 388 (of 456)

26,2 km - Lauf

□□□□□/□: 48 (of 57)

□□□□□□: 2:11:42

□□□□:

□□□□□: 8(of 8)

Seniorinnen W50 (50-54 Jahre)

□□□□□□□: 2:23:33

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:56	6:38	7	4:46	45	6:15	3.30	21:56	6:38	8	4:46	20	
Schlüsie	3.10	25:20	8:10	8	6:19	49	7:56	6.40	47:16	7:23	8	11:05	20	1:24
Hermannsklippe	2.60	24:12	9:18	8	7:18	50	8:56	9.00	1:11:28	7:56	8	18:23	20	2:57
Brocken	3.10	40:16	12:59	8	15:51	49	15:51	12.10	1:51:44	9:14	8	34:14	20	6:53
Eiserner Handwe	3.60	21:36	6:00	5	3:56	39	5:45	15.70	2:13:20	8:29	8	38:10	20	6:57
Schlüsie	4.10	22:00	5:21	5	4:54	43	7:37	19.80	2:35:20	7:50	8	43:04	20	7:35
Loddenke	3.10	17:28	5:38	6	2:53	42	5:13	22.90	2:52:48	7:32	8	45:57	20	8:29
Ilseburg/Markt	3.30	19:44	5:58	8	4:08	44	6:24	26.20	3:12:32	7:20	8	48:59	48	1:00:50