



43. Brockenlauf

Ilseburg / 07.09.2013

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Rohde, Hannelore

□□: MSV Eintracht Halberstadt
 □□: 340

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W55 (55-59 Jahre)

□□□: 3:31:11

□□: 7.39 km/h
 □□□□: 8:04 min/km

□□□□□/□□□: 431 (of 456)

□□□□□/□: 54 (of 57)

□□□□□□: 2:11:42

□□□□□: 6(of 7)

□□□□□□□: 2:52:37

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	24:06	7:18	5	3:55	54	8:25	3.30	24:06	7:18	6	3:01	26	1:28
Schlüsie	3.10	28:09	9:04	6	6:28	55	10:45	6.40	52:15	8:09	6	9:29	26	6:23
Hermannsklippe	2.60	27:30	10:34	6	7:53	55	12:14	9.00	1:19:45	8:51	6	17:22	26	11:14
Brocken	3.10	44:23	14:19	7	12:32	56	19:58	12.10	2:04:08	10:15	6	29:54	26	19:17
Eiserner Handwe	3.60	24:18	6:45	6	4:35	51	8:27	15.70	2:28:26	9:27	6	32:48	26	22:03
Schlüsie	4.10	23:24	5:42	6	4:44	49	9:01	19.80	2:51:50	8:40	6	34:50	26	24:05
Loddenke	3.10	18:38	6:00	5	2:34	49	6:23	22.90	3:10:28	8:19	6	36:17	26	26:09
Ilseburg/Markt	3.30	20:43	6:16	5	2:47	50	7:23	26.20	3:31:11	8:03	6	38:34	54	1:19:29