



43. Brockenlauf

Ilseburg / 07.09.2013

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Kunz, Kerstin

□□: Ilseburg
 □□: 414

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W45 (45-49 Jahre)

□□□: 3:47:00

□□: 6.93 km/h
 □□□□: 8:40 min/km

□□□□□/□□□: 441 (of 456)

□□□□□/□: 55 (of 57)

□□□□□□: 2:11:42

□□□□□: 13(of 13)

□□□□□□□: 2:27:27

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 24:37 | 7:27 | 13 | 6:03 | 56 | 8:56 | 3.30 | 24:37 | 7:27 | 13 | 6:03 | 27 | 1:59 |
| Schlüsie | 3.10 | 27:11 | 8:46 | 13 | 7:09 | 53 | 9:47 | 6.40 | 51:48 | 8:05 | 13 | 13:12 | 27 | 5:56 |
| Hermannsklippe | 2.60 | 25:45 | 9:54 | 13 | 7:31 | 54 | 10:29 | 9.00 | 1:17:33 | 8:37 | 13 | 20:43 | 27 | 9:02 |
| Brocken | 3.10 | 42:38 | 13:45 | 13 | 12:18 | 53 | 18:13 | 12.10 | 2:00:11 | 9:55 | 13 | 33:00 | 27 | 15:20 |
| Eiserner Handwe | 3.60 | 26:33 | 7:22 | 13 | 10:11 | 56 | 10:42 | 15.70 | 2:26:44 | 9:20 | 13 | 43:11 | 27 | 20:21 |
| Schlüsie | 4.10 | 28:23 | 6:55 | 13 | 12:37 | 56 | 14:00 | 19.80 | 2:55:07 | 8:50 | 13 | 55:48 | 27 | 27:22 |
| Loddenke | 3.10 | 25:11 | 8:07 | 13 | 11:58 | 57 | 12:56 | 22.90 | 3:20:18 | 8:44 | 13 | 1:07:46 | 27 | 35:59 |
| Ilseburg/Markt | 3.30 | 26:42 | 8:05 | 13 | 11:47 | 56 | 13:22 | 26.20 | 3:47:00 | 8:39 | 13 | 1:19:33 | 55 | 1:35:18 |