



43. Brockenlauf

Ilseburg / 07.09.2013

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Großhennig, Esther

□□: Veckenstedt
 □□: 400

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Frauen (20-29 Jahre)

□□□: 3:48:04

□□: 6.84 km/h
 □□□□: 8:42 min/km

□□□□□/□□□: 444 (of 456)

□□□□□/□: 56 (of 57)

□□□□□□: 2:11:42

□□□□□: 7(of 7)

□□□□□□□: 2:12:28

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 23:58 | 7:15 | 7 | 8:17 | 53 | 8:17 | 3.30 | 23:58 | 7:15 | 7 | 7:08 | 28 | 1:20 | |
| Schlüsie | 3.10 | 30:38 | 9:52 | 7 | 13:12 | 56 | 13:14 | 6.40 | 54:36 | 8:31 | 7 | 20:20 | 28 | 8:44 | |
| Hermannsklippe | 2.60 | 28:22 | 10:54 | 7 | 12:52 | 56 | 13:06 | 9.00 | 1:22:58 | 9:13 | 7 | 33:12 | 28 | 14:27 | |
| Brocken | 3.10 | 44:41 | 14:24 | 7 | 18:38 | 57 | 20:16 | 12.10 | 2:07:39 | 10:32 | 7 | 51:50 | 28 | 22:48 | |
| Eiserner Handwe | 3.60 | 29:13 | 8:06 | 7 | 13:07 | 57 | 13:22 | 15.70 | 2:36:52 | 9:59 | 7 | 1:04:57 | 28 | 30:29 | |
| Schlüsie | 4.10 | 28:38 | 6:59 | 7 | 13:40 | 57 | 14:15 | 19.80 | 3:05:30 | 9:22 | 7 | 1:18:37 | 28 | 37:45 | |
| Loddenke | 3.10 | 21:57 | 7:04 | 7 | 9:42 | 55 | 9:42 | 22.90 | 3:27:27 | 9:03 | 7 | 1:28:19 | 28 | 43:08 | |
| Ilseburg/Markt | 3.30 | 20:37 | 6:14 | 7 | 7:17 | 49 | 7:17 | 26.20 | 3:48:04 | 8:42 | 7 | 1:35:36 | 56 | 1:36:22 | |