



44. Brockenlauf

Ilseburg / 06.09.2014

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Baschin, Andrea

□□: LV. ASPA Wolfsburg

□□: 203

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W50 (50-54 Jahre)

□□□: 2:46:19

□□: 9.38 km/h

□□□□: 6:21 min/km

□□□□□/□□□: 286 (of 492)

□□□□□/□: 20 (of 77)

□□□□□□: 2:05:45

□□□□□: 3(of 10)

□□□□□□□: 2:24:48

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:44	6:35	5	5:16	40	6:51	3.30	21:44	6:35	3	5:16	76	0:43
Schlüsie	3.10	22:36	7:17	6	3:33	34	5:39	6.40	44:20	6:55	3	8:49	76	
Hermannsklippe	2.60	20:02	7:42	4	3:01	24	4:53	9.00	1:04:22	7:09	3	11:50	76	
Brocken	3.10	31:47	10:15	4	3:53	18	7:33	12.10	1:36:09	7:56	3	15:43	70	
Eiserner Handwe	3.60	20:25	5:40	4	4:47	33	5:40	15.70	1:56:34	7:25	3	18:14	76	
Schlüsie	4.10	19:06	4:39	3	3:33	25	4:47	19.80	2:15:40	6:51	3	19:43	64	
Loddenke	3.10	14:44	4:45	3	0:48	17	2:31	22.90	2:30:24	6:34	3	20:31	76	
Ilseburg/Markt	3.30	15:55	4:49	2	1:00	12	2:40	26.20	2:46:19	6:20	3	21:31	22	40:34