



44. Brockenlauf Ilseburg / 06.09.2014

0000

Josse, Martina

00: Berlin

00: 104

00: 26.20 km

26,2 km - Lauf

0000:

Seniorinnen W45 (45-49 Jahre)

000: 2:57:44

00: 8.78 km/h

0000: 6:47 min/km

00000/000: 377 (of 492)

00000/0: 38 (of 77)

000000: 2:05:45

00000: 10(of 26)

0000000: 2:31:46

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Loddenke	3.30	22:29	6:48	17	4:09	52	7:36	3.30	22:29	6:48	8	0:53	2	1:28
Schlüsle	3.10	23:52	7:41	13	4:13	47	6:55	6.40	46:21	7:14	17	0:10	20	
Hermannsklippe	2.60	21:15	8:10	11	3:32	39	6:06	9.00	1:07:36	7:30	17		20	
Brocken	3.10	33:33	10:49	8	4:29	29	9:19	12.10	1:41:09	8:21	17		20	
Eiserner Handwe	3.60	19:38	5:27	6	2:13	24	4:53	15.70	2:00:47	7:41	17		20	
Schlüsle	4.10	20:38	5:01	18	3:54	47	6:19	19.80	2:21:25	7:08	17		20	
Loddenke	3.10	17:09	5:31	19	3:21	54	4:56	22.90	2:38:34	6:55	17		20	
Ilseburg/Markt	3.30	19:10	5:48	18	4:17	52	5:55	26.20	2:57:44	6:47	11	25:58	40	51:59