



44. Brockenlauf

Ilseburg / 06.09.2014

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Speidel, Marion

□□: Rosengarten

□□: 396

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 2:58:05

□□: 8.76 km/h

□□□□: 6:48 min/km

□□□□□/□□□: 379 (of 492)

□□□□□/□: 39 (of 77)

□□□□□□: 2:05:45

□□□□□: 11(of 26)

□□□□□□□: 2:31:46

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
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
Schlüsie	3.10	24:32	7:54	14	4:53	50	7:35	6.40	47:01	7:20	16	0:50	19	0:24
Hermannsklippe	2.60	22:52	8:47	14	5:09	51	7:43	9.00	1:09:53	7:45	16	1:18	19	
Brocken	3.10	32:20	10:25	4	3:16	21	8:06	12.10	1:42:13	8:26	16		19	
Eiserner Handwe	3.60	20:50	5:47	15	3:25	43	6:05	15.70	2:03:03	7:50	16		19	
Schlüsie	4.10	19:16	4:41	8	2:32	28	4:57	19.80	2:22:19	7:11	16		19	
Loddenke	3.10	17:03	5:30	18	3:15	52	4:50	22.90	2:39:22	6:57	16		19	
Ilseburg/Markt	3.30	18:43	5:40	14	3:50	44	5:28	26.20	2:58:05	6:47	12	26:19	41	52:20