



44. Brockenlauf

Ilseburg / 06.09.2014

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Bartels, Silke

□□: Dasseler SC
 □□: 375

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W40 (40-44 Jahre)

□□□: 3:02:41

□□: 8.54 km/h
 □□□□: 6:58 min/km

□□□□□/□□□: 397 (of 492)

□□□□□/□: 45 (of 77)

□□□□□□: 2:05:45

□□□□□: 9(of 12)

□□□□□□□: 2:32:40

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:30	6:49	12	3:57	55	7:37	3.30	22:30	6:49	10	3:52	12	1:29
Schlüsie	3.10	23:17	7:30	9	3:26	41	6:20	6.40	45:47	7:09	10	7:18	13	
Hermannsklippe	2.60	23:08	8:53	10	5:03	55	7:59	9.00	1:08:55	7:39	10	12:21	12	
Brocken	3.10	38:59	12:34	11	11:20	64	14:45	12.10	1:47:54	8:55	10	23:41	12	0:35
Eiserner Handwe	3.60	20:46	5:46	10	2:33	41	6:01	15.70	2:08:40	8:11	10	24:58	12	0:52
Schlüsie	4.10	19:07	4:39	6	1:41	26	4:48	19.80	2:27:47	7:27	10	25:06	12	0:40
Loddenke	3.10	16:01	5:09	8	1:49	37	3:48	22.90	2:43:48	7:09	10	26:36	13	
Ilseburg/Markt	3.30	18:53	5:43	10	3:43	47	5:38	26.20	3:02:41	6:58	10	30:01	47	56:56