



44. Brockenlauf

Ilseburg / 06.09.2014

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Schwendke, Renate

□□: Dasseler SC
 □□: 407

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W45 (45-49 Jahre)

□□□: 3:02:41

□□: 8.54 km/h
 □□□□: 6:58 min/km

□□□□□/□□□: 398 (of 492)

□□□□□/□: 45 (of 77)

□□□□□□: 2:05:45

□□□□□: 14(of 26)

□□□□□□□: 2:31:46

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:30	6:49	20	4:10	55	7:37	3.30	22:30	6:49	13	0:54	12	1:29
Schlüsie	3.10	23:18	7:30	12	3:39	42	6:21	6.40	45:48	7:09	13		12	
Hermannsklippe	2.60	23:07	8:53	16	5:24	54	7:58	9.00	1:08:55	7:39	13	0:20	12	
Brocken	3.10	38:59	12:34	21	9:55	64	14:45	12.10	1:47:54	8:55	13	2:01	12	0:35
Eiserner Handwe	3.60	20:46	5:46	14	3:21	41	6:01	15.70	2:08:40	8:11	13	1:49	12	0:52
Schlüsie	4.10	19:07	4:39	7	2:23	26	4:48	19.80	2:27:47	7:27	13	0:05	12	0:40
Loddenke	3.10	16:03	5:10	11	2:15	38	3:50	22.90	2:43:50	7:09	13	0:08	12	
Ilseburg/Markt	3.30	18:51	5:42	15	3:58	45	5:36	26.20	3:02:41	6:58	15	30:55	47	56:56