



44. Brockenlauf

Ilsenburg / 06.09.2014

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Scharun, Kerstin

□□: Grundschule Paul Ernst Elbingerode
 □□: 263

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W45 (45-49 Jahre)

□□□: 3:04:48

□□: 8.44 km/h
 □□□□: 7:03 min/km

□□□□□/□□□: 414 (of 492)

□□□□□/□: 49 (of 77)

□□□□□□: 2:05:45

□□□□□: 15(of 26)

□□□□□□□: 2:31:46

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:45	5:59	4	1:25	20	4:52	3.30	19:45	5:59	12			9	
Schlüsie	3.10	23:04	7:26	11	3:25	38	6:07	6.40	42:49	6:41	12			9	
Hermannsklippe	2.60	22:36	8:41	13	4:53	48	7:27	9.00	1:05:25	7:16	12			9	
Brocken	3.10	38:41	12:28	20	9:37	62	14:27	12.10	1:44:06	8:36	12			9	
Eiserner Handwe	3.60	21:31	5:58	20	4:06	51	6:46	15.70	2:05:37	8:00	12			9	
Schlüsie	4.10	21:46	5:18	21	5:02	59	7:27	19.80	2:27:23	7:26	12			9	0:16
Loddenke	3.10	17:52	5:45	21	4:04	58	5:39	22.90	2:45:15	7:12	12	1:33		9	1:13
Ilsenburg/Markt	3.30	19:33	5:55	20	4:40	55	6:18	26.20	3:04:48	7:03	16	33:02		51	59:03