



44. Brockenlauf

Ilseburg / 06.09.2014

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Krofczik, Elisabeth

□□: Braunschweig

□□: 245

□□: 26.20 km

26,2 km - Lauf

□□□□:

Frauen (20-29 Jahre)

□□□: 3:31:12

□□: 7.39 km/h

□□□□: 8:04 min/km

□□□□□/□□□: 473 (of 492)

□□□□□/□: 70 (of 77)

□□□□□□: 2:05:45

□□□□□: 6(of 6)

□□□□□□□: 2:05:45

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	24:05	7:17	5	9:12	67	9:12	3.30	24:05	7:17	6	9:12	27	3:04	
Schlüsie	3.10	28:00	9:01	5	11:03	72	11:03	6.40	52:05	8:08	6	20:15	27	5:28	
Hermannsklippe	2.60	26:00	10:00	6	10:51	70	10:51	9.00	1:18:05	8:40	6	31:06	27	7:55	
Brocken	3.10	38:36	12:27	6	14:22	60	14:22	12.10	1:56:41	9:38	6	45:28	27	9:22	
Eiserner Handwe	3.60	26:41	7:24	6	11:56	75	11:56	15.70	2:23:22	9:07	6	57:24	27	15:34	
Schlüsie	4.10	25:25	6:11	6	11:06	70	11:06	19.80	2:48:47	8:31	6	1:08:30	27	21:40	
Loddenke	3.10	20:07	6:29	6	7:54	69	7:54	22.90	3:08:54	8:14	6	1:16:24	27	24:52	
Ilseburg/Markt	3.30	22:18	6:45	6	9:03	69	9:03	26.20	3:31:12	8:03	6	1:25:27	72	1:25:27	