



44. Brockenlauf

Ilseburg / 06.09.2014

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Bluschke, Monika

□□: LG Osterwieck

□□: 246

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W55 (55-59 Jahre)

□□□: 3:49:29

□□: 6.80 km/h

□□□□: 8:46 min/km

□□□□□/□□□: 489 (of 492)

□□□□□/□: 75 (of 77)

□□□□□□: 2:05:45

□□□□□: 4(of 4)

□□□□□□□: 2:26:53

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	29:26	8:55	4	12:25	77	14:33	3.30	29:26	8:55	4	12:25	22	8:25	
Schlüsie	3.10	31:57	10:18	4	13:28	77	15:00	6.40	1:01:23	9:35	4	25:53	22	14:46	
Hermannsklippe	2.60	29:02	11:09	4	12:00	77	13:53	9.00	1:30:25	10:02	4	37:53	22	20:15	
Brocken	3.10	43:07	13:54	4	16:46	76	18:53	12.10	2:13:32	11:02	4	54:39	22	26:13	
Eiserner Handwe	3.60	26:19	7:18	4	8:22	73	11:34	15.70	2:39:51	10:10	4	1:03:01	22	32:03	
Schlüsie	4.10	22:17	5:26	3	4:47	62	7:58	19.80	3:02:08	9:11	4	1:07:48	22	35:01	
Loddenke	3.10	21:12	6:50	4	6:19	74	8:59	22.90	3:23:20	8:52	4	1:14:07	22	39:18	
Ilseburg/Markt	3.30	26:09	7:55	4	8:29	77	12:54	26.20	3:49:29	8:45	4	1:22:36	77	1:43:44	