



45. Brockenlauf

Ilseburg / 05.09.2015

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Röhrig, Carolin

□□: TG Wehlheiden Kassel
 □□: 556

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W30 (30-34 Jahre)

□□□: 2:30:03

□□: 10.40 km/h

□□□□□/□□□: 202 (of 532)

□□□□□/□: 10 (of 80)

□□□□□□: 2:06:25

□□□□□: 1(of 4)

□□□□□□□: 2:30:03

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	km	□□	km/h	-	-	□	□	km	□□	km/h	-	-	□	□
Loddenke	3.30	19:18	9.33	1	-	14	4:11	3.30	19:18	9.33	1	-	14	4:11
Schlüsie	3.10	20:04	8.97	1	-	11	2:57	6.40	39:22	9.14	1	-	12	7:08
Hermannsklippe	2.60	17:47	6.75	1	-	13	2:20	9.00	57:09	9.45	1	-	11	9:28
Brocken	3.10	27:14	6.61	1	-	5	2:26	12.10	1:24:23	8.53	1	-	9	11:54
Eiserner Handwe	3.60	18:08	9.93	1	-	14	3:13	15.70	1:42:31	8.78	1	-	9	15:07
Schlüsie	4.10	17:45	13.52	1	-	13	3:48	19.80	2:00:16	9.48	1	-	10	18:55
Loddenke	3.10	14:37	12.31	2	0:36	16	3:12	22.90	2:14:53	9.79	1	-	12	21:53
Ilseburg/Markt	3.30	15:10	11.87	1	-	7	2:00	26.20	2:30:03	10.40	1	-	10	23:38