



45. Brockenlauf

Ilseburg / 05.09.2015

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Bunk, Heike

□□: Kassel

□□: 308

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W50 (50-54 Jahre)

□□□: 3:10:22

□□: 8.19 km/h

□□□□□/□□□: 484 (of 532)

□□□□□/□: 68 (of 80)

□□□□□□: 2:06:25

□□□□□: 18(of 21)

□□□□□□□: 2:34:39

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	26:03	6.91	20	6:28	78	10:56	3.30	26:03	6.91	20	6:28	78	10:56
Schlüsie	3.10	26:44	6.73	19	5:52	72	9:37	6.40	52:47	6.82	20	12:20	76	20:33
Hermannsklippe	2.60	22:28	5.34	16	4:14	63	7:01	9.00	1:15:15	7.18	19	16:07	72	27:34
Brocken	3.10	33:46	5.33	9	4:22	45	8:58	12.10	1:49:01	6.60	18	20:05	67	36:32
Eiserner Handwe	3.60	21:59	8.19	15	3:50	58	7:04	15.70	2:11:00	6.87	18	23:46	67	43:36
Schlüsie	4.10	21:44	11.04	12	3:47	56	7:47	19.80	2:32:44	7.46	18	27:33	67	51:23
Loddenke	3.10	18:08	9.93	18	3:52	65	6:43	22.90	2:50:52	7.73	18	31:25	67	57:52
Ilseburg/Markt	3.30	19:30	9.23	17	4:18	64	6:20	26.20	3:10:22	8.19	18	35:43	68	1:03:57