



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

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Hesse, Jörn

□□: Delligser SC

□□: 52

□□: 26.20 km

Brockenlauf

□□□□:

Männer M35

□□□: 1:51:25

□□: 14.00 km/h

□□□□: 4:15 min/km

□□□□□/□□□: 5 (of 370)

□□□□□/□: 5 (of 317)

□□□□□□: 1:45:06

□□□□□: 1(of 30)

□□□□□□□: 1:51:25

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 13:46 | 4:10 | 1 | - | 5 | 0:44 | 3.30 | 13:46 | 4:10 | 16 | | | 5 | 0:43 |
| Schlüsie | 3.10 | 15:22 | 4:57 | 1 | - | 6 | 1:27 | 6.40 | 29:08 | 4:33 | 16 | | | 5 | 1:40 |
| Hermannsklippe | 2.60 | 12:40 | 4:52 | 1 | - | 6 | 0:58 | 9.00 | 41:48 | 4:38 | 16 | | | 5 | 2:16 |
| Brocken | 3.10 | 20:45 | 6:41 | 1 | - | 6 | 1:44 | 12.10 | 1:02:33 | 5:10 | 16 | | | 5 | 2:35 |
| Eiserner Handwe | 3.60 | 13:14 | 3:40 | 1 | - | 4 | 0:46 | 15.70 | 1:15:47 | 4:49 | 16 | | | 5 | 3:21 |
| Schlüsie | 4.00 | 12:18 | 3:04 | 1 | - | 4 | 1:05 | 19.70 | 1:28:05 | 4:28 | 15 | | | 5 | 4:26 |
| Loddenke | 3.20 | 11:06 | 3:28 | 1 | - | 4 | 0:42 | 22.90 | 1:39:11 | 4:19 | 16 | | | 5 | 5:08 |
| Ilsenburg/Markt | 3.30 | 12:14 | 3:42 | 1 | - | 7 | 1:11 | 26.20 | 1:51:25 | 4:15 | 1 | - | | 5 | 6:19 |