



# 41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

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**Müller, Hans-Peter**

□□: SV 90 Nordhausen  
 □□: 215

□□: 26.20 km  
 Brockenlauf

□□□□:  
 Männer M40

□□□: 1:52:00

□□: 14.04 km/h  
 □□□□: 4:16 min/km

□□□□□/□□□: 6 (of 370)

□□□□□/□: 6 (of 317)

□□□□□□: 1:45:06

□□□□□: 3(of 47)

□□□□□□□: 1:45:43

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 14:21    | 4:20         | 5       | 1:19    | 10      | 1:19    | 3.30  | 14:21     | 4:20      | 25            |         |         | 6       | 1:18    |
| Schlüsie        | 3.10     | 15:06    | 4:52         | 3       | 0:57    | 5       | 1:11    | 6.40  | 29:27     | 4:36      | 25            |         |         | 6       | 1:59    |
| Hermannsklippe  | 2.60     | 12:35    | 4:50         | 3       | 0:38    | 5       | 0:53    | 9.00  | 42:02     | 4:40      | 25            |         |         | 6       | 2:30    |
| Brocken         | 3.10     | 20:43    | 6:40         | 3       | 0:38    | 5       | 1:42    | 12.10 | 1:02:45   | 5:11      | 25            |         |         | 6       | 2:47    |
| Eiserner Handwe | 3.60     | 13:33    | 3:45         | 4       | 1:01    | 8       | 1:05    | 15.70 | 1:16:18   | 4:51      | 25            |         |         | 6       | 3:52    |
| Schlüsie        | 4.00     | 12:45    | 3:11         | 3       | 1:17    | 7       | 1:32    | 19.70 | 1:29:03   | 4:31      | 24            |         |         | 6       | 5:24    |
| Loddenke        | 3.20     | 11:08    | 3:28         | 3       | 0:37    | 5       | 0:44    | 22.90 | 1:40:11   | 4:22      | 25            |         |         | 6       | 6:08    |
| Ilsenburg/Markt | 3.30     | 11:49    | 3:34         | 3       | 0:26    | 4       | 0:46    | 26.20 | 1:52:00   | 4:16      | 3             | 6:17    |         | 6       | 6:54    |