



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

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Hanke, Torsten

□□: Vlotho

□□: 1058

□□: 26.20 km

Brocken-Walking

□□□□:

Walking Männer

□□□: 3:43:53

□□: 7.02 km/h

□□□□: 8:33 min/km

□□□□□/□□□: 2 (of 11)

□□□□□/□: 2 (of 7)

□□□□□□: 3:37:54

□□□□□: 2(of 7)

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 28:12 | 8:32 | 1 | - | 1 | - | 3.30 | 28:12 | 8:32 | 1 | - | 1 | - | |
| Schlüsie | 3.10 | fehlt! | - | - | - | - | - | 6.40 | - | - | - | - | - | - | |
| Hermannsklippe | 2.60 | 48:42 | 18:43 | 1 | - | 1 | - | 9.00 | 1:16:54 | 8:32 | 2 | - | - | 2 | |
| Brocken | 3.10 | fehlt! | - | - | - | - | - | 12.10 | - | - | - | - | - | - | |
| Eiserner Handwe | 3.60 | 1:04:01 | 17:46 | 5 | 32:29 | 5 | 32:29 | 15.70 | 2:20:55 | 8:58 | 2 | 0:46 | 2 | 0:46 | |
| Schlüsie | 4.00 | 29:26 | 7:21 | 4 | 2:46 | 4 | 2:46 | 19.70 | 2:50:21 | 8:38 | 2 | 3:14 | 2 | 3:14 | |
| Loddenke | 3.20 | 25:58 | 8:06 | 5 | 4:42 | 5 | 4:42 | 22.90 | 3:16:19 | 8:34 | 2 | 4:28 | 2 | 4:28 | |
| Ilsenburg/Markt | 3.30 | 27:34 | 8:21 | 5 | 6:28 | 5 | 6:28 | 26.20 | 3:43:53 | 8:32 | 2 | 5:59 | 2 | 5:59 | |