



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

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Hillebrand, Josef

□□: Non Stop Ultra

□□: 1063

□□: 26.20 km

Brocken-Walking

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Walking Männer

□□□: 3:47:47

□□: 6.85 km/h

□□□□: 8:41 min/km

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□□□□□□: 3:37:54

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Loddenke	3.30	29:47	9:01	4	1:35	4	1:35	3.30	29:47	9:01	3	1:35	3	1:35
Schlüsie	3.10	fehlt!	-	-	-	-	-	6.40	-	-	-	-	-	-
Hermannsklippe	2.60	58:22	22:26	5	9:40	5	9:40	9.00	1:28:09	9:47	3	8:59	3	8:59
Brocken	3.10	fehlt!	-	-	-	-	-	12.10	-	-	-	-	-	-
Eiserner Handwe	3.60	1:04:44	17:58	6	33:12	6	33:12	15.70	2:32:53	9:44	3	12:44	3	12:44
Schlüsie	4.00	26:40	6:40	1	-	1	-	19.70	2:59:33	9:06	3	12:26	3	12:26
Loddenke	3.20	25:10	7:51	4	3:54	4	3:54	22.90	3:24:43	8:56	3	12:52	3	12:52
Ilsenburg/Markt	3.30	23:04	6:59	3	1:58	3	1:58	26.20	3:47:47	8:41	4	9:53	4	9:53