



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

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Steiger, Lothar

□□: Brockenlaufverein
 □□: 1057

□□: 26.20 km
 Brocken-Walking

□□□□:
 Walking Männer

□□□: 3:49:46

□□: 6.79 km/h
 □□□□: 8:46 min/km

□□□□□/□□□: 5 (of 11)

□□□□□/□: 5 (of 7)

□□□□□□: 3:37:54

□□□□□: 5(of 7)

□□□□□□□: 3:37:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	32:42	9:54	6	4:30	6	4:30	3.30	32:42	9:54	5	4:30	5	4:30	
Schlüsie	3.10	fehlt!	-	-	-	-	-	6.40	-	-	-	-	-	-	
Hermannsklippe	2.60	56:29	21:43	4	7:47	4	7:47	9.00	1:29:11	9:54	5	10:01	5	10:01	
Brocken	3.10	39:43	12:48	1	-	1	-	12.10	2:08:54	10:39	1	-	1	-	
Eiserner Handwe	3.60	31:32	8:45	1	-	1	-	15.70	2:40:26	10:13	5	20:17	5	20:17	
Schlüsie	4.00	26:58	6:44	2	0:18	2	0:18	19.70	3:07:24	9:30	5	20:17	5	20:17	
Loddenke	3.20	21:16	6:38	1	-	1	-	22.90	3:28:40	9:06	5	16:49	5	16:49	
Ilsenburg/Markt	3.30	21:06	6:23	1	-	1	-	26.20	3:49:46	8:46	5	11:52	5	11:52	