



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

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Stenzel, Dierk

□□: Jogging-Group Schöneberg

□□: 62

□□: 26.20 km

Brockenlauf

□□□□:

Männer M50

□□□: 2:08:54

□□: 12.20 km/h

□□□□: 4:55 min/km

□□□□□/□□□: 23 (of 370)

□□□□□/□: 22 (of 317)

□□□□□□: 1:45:06

□□□□□: 2(of 51)

□□□□□□□: 1:57:52

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	16:39	5:02	6	1:25	49	3:37	3.30	16:39	5:02	27	-	22	3:36
Schlüsie	3.10	17:41	5:42	2	1:16	33	3:46	6.40	34:20	5:21	27	-	22	6:52
Hermannsklippe	2.60	14:36	5:36	2	1:00	25	2:54	9.00	48:56	5:26	27	-	22	9:24
Brocken	3.10	25:01	8:04	2	2:37	28	6:00	12.10	1:13:57	6:06	27	-	22	13:59
Eiserner Handwe	3.60	14:40	4:04	2	1:08	14	2:12	15.70	1:28:37	5:38	27	-	22	16:11
Schlüsie	4.00	13:34	3:23	2	0:45	15	2:21	19.70	1:42:11	5:11	25	-	22	18:32
Loddenke	3.20	12:46	3:59	2	1:26	28	2:22	22.90	1:54:57	5:01	27	-	22	20:54
Ilsenburg/Markt	3.30	13:57	4:13	5	1:48	37	2:54	26.20	2:08:54	4:55	2	11:02	22	23:48