



41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

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Reinhardt, Horst

□□: Lauffeuer Fröttstädt

□□: 223

□□: 26.20 km

Brockenlauf

□□□□:

Männer M45

□□□: 2:09:26

□□: 12.15 km/h

□□□□: 4:56 min/km

□□□□□/□□□: 24 (of 370)

□□□□□/□: 23 (of 317)

□□□□□□: 1:45:06

□□□□□: 5(of 74)

□□□□□□□: 2:01:21

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 16:21 | 4:57 | 8 | 2:03 | 41 | 3:19 | 3.30 | 16:21 | 4:57 | 51 | | | 23 | 3:18 |
| Schlüsie | 3.10 | 17:34 | 5:39 | 5 | 1:05 | 27 | 3:39 | 6.40 | 33:55 | 5:17 | 51 | | | 23 | 6:27 |
| Hermannsklippe | 2.60 | 14:31 | 5:34 | 4 | 0:30 | 23 | 2:49 | 9.00 | 48:26 | 5:22 | 51 | | | 23 | 8:54 |
| Brocken | 3.10 | 24:57 | 8:02 | 6 | 3:48 | 26 | 5:56 | 12.10 | 1:13:23 | 6:03 | 51 | | | 23 | 13:25 |
| Eiserner Handwe | 3.60 | 15:46 | 4:22 | 8 | 1:16 | 37 | 3:18 | 15.70 | 1:29:09 | 5:40 | 51 | | | 23 | 16:43 |
| Schlüsie | 4.00 | 14:40 | 3:39 | 7 | 1:11 | 35 | 3:27 | 19.70 | 1:43:49 | 5:16 | 48 | | | 23 | 20:10 |
| Loddenke | 3.20 | 12:17 | 3:50 | 4 | 0:23 | 19 | 1:53 | 22.90 | 1:56:06 | 5:04 | 51 | | | 23 | 22:03 |
| Ilseburg/Markt | 3.30 | 13:20 | 4:02 | 5 | 0:40 | 23 | 2:17 | 26.20 | 2:09:26 | 4:56 | 5 | 8:05 | | 23 | 24:20 |