



# 41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

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Heyder, René

□□: Potsdamer Laufclub  
 □□: 96

□□: 26.20 km  
 Brockenlauf

□□□□:  
 Männer M40

□□□: 2:09:30

□□: 12.14 km/h  
 □□□□: 4:56 min/km

□□□□□/□□□: 25 (of 370)

□□□□□/□: 24 (of 317)

□□□□□□: 1:45:06

□□□□□: 10(of 47)

□□□□□□□: 1:45:43

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	15:35	4:43	9	2:33	27	2:33	3.30	15:35	4:43	32		24	2:32
Schlüsie	3.10	18:04	5:49	11	3:55	44	4:09	6.40	33:39	5:15	32		24	6:11
Hermannsklippe	2.60	15:08	5:49	11	3:11	36	3:26	9.00	48:47	5:25	32		24	9:15
Brocken	3.10	25:59	8:22	12	5:54	40	6:58	12.10	1:14:46	6:10	32		24	14:48
Eiserner Handwe	3.60	15:34	4:19	11	3:02	32	3:06	15.70	1:30:20	5:45	32		24	17:54
Schlüsie	4.00	13:35	3:23	7	2:07	16	2:22	19.70	1:43:55	5:16	31		24	20:16
Loddenke	3.20	12:15	3:49	9	1:44	17	1:51	22.90	1:56:10	5:04	32		24	22:07
Ilsenburg/Markt	3.30	13:20	4:02	9	1:57	23	2:17	26.20	2:09:30	4:56	10	23:47	24	24:24