



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

□□□□

Dietrich, Rene

□□: Bundeswehr Blankenburg
 □□: 292

□□: 26.20 km
 Brockenlauf

□□□□:
 Männer M30

□□□: 2:13:59

□□: 11.64 km/h
 □□□□: 5:07 min/km

□□□□□/□□□: 41 (of 370)

□□□□□/□: 40 (of 317)

□□□□□□: 1:45:06

□□□□□: 5(of 23)

□□□□□□□: 2:00:20

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 15:38 | 4:44 | 3 | 1:51 | 30 | 2:36 | 3.30 | 15:38 | 4:44 | 20 | | | 39 | 2:35 |
| Schlüsie | 3.10 | 17:55 | 5:46 | 4 | 2:10 | 41 | 4:00 | 6.40 | 33:33 | 5:14 | 20 | | | 39 | 6:05 |
| Hermannsklippe | 2.60 | 15:16 | 5:52 | 4 | 2:04 | 38 | 3:34 | 9.00 | 48:49 | 5:25 | 20 | | | 39 | 9:17 |
| Brocken | 3.10 | 25:30 | 8:13 | 4 | 3:20 | 35 | 6:29 | 12.10 | 1:14:19 | 6:08 | 20 | | | 39 | 14:21 |
| Eiserner Handwe | 3.60 | 16:08 | 4:28 | 5 | 1:30 | 41 | 3:40 | 15.70 | 1:30:27 | 5:45 | 20 | | | 39 | 18:01 |
| Schlüsie | 4.00 | 15:22 | 3:50 | 7 | 2:41 | 56 | 4:09 | 19.70 | 1:45:49 | 5:22 | 20 | | | 39 | 22:10 |
| Loddenke | 3.20 | 13:49 | 4:19 | 5 | 1:13 | 63 | 3:25 | 22.90 | 1:59:38 | 5:13 | 20 | | | 39 | 25:35 |
| Ilsenburg/Markt | 3.30 | 14:21 | 4:20 | 4 | 1:03 | 46 | 3:18 | 26.20 | 2:13:59 | 5:06 | 5 | 13:39 | | 40 | 28:53 |