



41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

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Clemens, Horst

□□: LG Paderborn
 □□: 374

□□: 26.20 km
 Brockenlauf

□□□□:
 Männer M70

□□□: 2:23:10

□□: 10.98 km/h
 □□□□: 5:28 min/km

□□□□□/□□□: 78 (of 370)

□□□□□/□: 74 (of 317)

□□□□□□: 1:45:06

□□□□□: 1(of 4)

□□□□□□□: 2:23:10

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| □□□ | □□ | □□ | □□ | □□ | □□ | □□ | □□ | □□□ | □□□ | □□□ | □□ | □□ | □□ | □□ |
|-----------------|------|-------|--------|----|----|-----|------|-------|---------|--------|----|----|----|-------|
| | km | □□ | min/km | - | - | □ | □ | km | □□ | min/km | - | - | □ | □ |
| Loddenke | 3.30 | 17:16 | 5:13 | 1 | - | 72 | 4:14 | 3.30 | 17:16 | 5:13 | 1 | - | 72 | 4:13 |
| Schlüsie | 3.10 | 20:06 | 6:29 | 1 | - | 117 | 6:11 | 6.40 | 37:22 | 5:50 | 1 | - | 72 | 9:54 |
| Hermannsklippe | 2.60 | 17:04 | 6:33 | 1 | - | 102 | 5:22 | 9.00 | 54:26 | 6:02 | 1 | - | 72 | 14:54 |
| Brocken | 3.10 | 28:46 | 9:16 | 1 | - | 95 | 9:45 | 12.10 | 1:23:12 | 6:52 | 1 | - | 72 | 23:14 |
| Eiserner Handwe | 3.60 | 16:12 | 4:30 | 1 | - | 43 | 3:44 | 15.70 | 1:39:24 | 6:19 | 1 | - | 72 | 26:58 |
| Schlüsie | 4.00 | 15:17 | 3:49 | 1 | - | 53 | 4:04 | 19.70 | 1:54:41 | 5:49 | 1 | - | 72 | 31:02 |
| Loddenke | 3.20 | 13:47 | 4:18 | 1 | - | 61 | 3:23 | 22.90 | 2:08:28 | 5:36 | 1 | - | 72 | 34:25 |
| Ilseburg/Markt | 3.30 | 14:42 | 4:27 | 1 | - | 53 | 3:39 | 26.20 | 2:23:10 | 5:27 | 1 | - | 74 | 38:04 |