



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

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Rothe, Thomas

□□: LG Radeburg

□□: 338

□□: 26.20 km

Brockenlauf

□□□□:

Männer M50

□□□: 2:26:09

□□: 10.76 km/h

□□□□: 5:35 min/km

□□□□□/□□□: 89 (of 370)

□□□□□/□: 82 (of 317)

□□□□□□: 1:45:06

□□□□□: 10(of 51)

□□□□□□□: 1:57:52

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	17:33	5:19	11	2:19	86	4:31	3.30	17:33	5:19	34	-	71	4:30
Schlüsie	3.10	18:38	6:00	9	2:13	64	4:43	6.40	36:11	5:39	35	-	80	8:43
Hermannsklippe	2.60	16:04	6:10	9	2:28	72	4:22	9.00	52:15	5:48	35	-	79	12:43
Brocken	3.10	28:37	9:13	11	6:13	91	9:36	12.10	1:20:52	6:40	35	-	80	20:54
Eiserner Handwe	3.60	19:31	5:25	26	5:59	153	7:03	15.70	1:40:23	6:23	35	-	80	27:57
Schlüsie	4.00	16:25	4:06	12	3:36	99	5:12	19.70	1:56:48	5:55	33	-	80	33:09
Loddenke	3.20	14:30	4:31	9	3:10	89	4:06	22.90	2:11:18	5:44	35	-	80	37:15
Ilsenburg/Markt	3.30	14:51	4:30	7	2:42	60	3:48	26.20	2:26:09	5:34	10	28:17	82	41:03