



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

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Riemenschneider, Lars

□□: Darlingerode

□□: 51

□□: 26.20 km

Brockenlauf

□□□□:

Männer M20

□□□: 2:26:20

□□: 10.66 km/h

□□□□: 5:35 min/km

□□□□□/□□□: 90 (of 370)

□□□□□/□: 83 (of 317)

□□□□□□: 1:45:06

□□□□□: 9(of 22)

□□□□□□□: 1:45:06

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 18:02 | 5:27 | 12 | 5:00 | 104 | 5:00 | 3.30 | 18:02 | 5:27 | 15 | | 81 | 4:59 |
| Schlüsie | 3.10 | 19:09 | 6:10 | 10 | 5:14 | 85 | 5:14 | 6.40 | 37:11 | 5:48 | 15 | | 81 | 9:43 |
| Hermannsklippe | 2.60 | 16:34 | 6:22 | 10 | 4:52 | 87 | 4:52 | 9.00 | 53:45 | 5:58 | 15 | | 81 | 14:13 |
| Brocken | 3.10 | 31:12 | 10:03 | 12 | 12:11 | 152 | 12:11 | 12.10 | 1:24:57 | 7:01 | 15 | 4:14 | 81 | 24:59 |
| Eiserner Handwe | 3.60 | 16:15 | 4:30 | 5 | 3:47 | 44 | 3:47 | 15.70 | 1:41:12 | 6:26 | 15 | | 81 | 28:46 |
| Schlüsie | 4.00 | 15:32 | 3:53 | 7 | 4:19 | 62 | 4:19 | 19.70 | 1:56:44 | 5:55 | 14 | | 81 | 33:05 |
| Loddenke | 3.20 | 14:06 | 4:24 | 8 | 3:42 | 73 | 3:42 | 22.90 | 2:10:50 | 5:42 | 15 | | 81 | 36:47 |
| Ilseburg/Markt | 3.30 | 15:30 | 4:41 | 9 | 4:27 | 85 | 4:27 | 26.20 | 2:26:20 | 5:35 | 9 | 41:14 | 83 | 41:14 |