



41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

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Schade, Andreas

□□□: 2:28:37

□□: 346

□□: 10.58 km/h

□□□□: 5:40 min/km

□□: 26.20 km

□□□□□/□□□: 108 (of 370)

Brockenlauf

□□□□□/□: 98 (of 317)

□□□□□□: 1:45:06

□□□□:

□□□□□: 13(of 30)

Männer M35

□□□□□□□: 1:51:25

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 16:26 | 4:58 | 6 | 2:40 | 45 | 3:24 | 3.30 | 16:26 | 4:58 | 19 | | 96 | 3:23 |
| Schlüsie | 3.10 | 18:57 | 6:06 | 12 | 3:35 | 76 | 5:02 | 6.40 | 35:23 | 5:31 | 19 | | 96 | 7:55 |
| Hermannsklippe | 2.60 | 16:55 | 6:30 | 14 | 4:15 | 99 | 5:13 | 9.00 | 52:18 | 5:48 | 19 | | 96 | 12:46 |
| Brocken | 3.10 | 31:01 | 10:00 | 19 | 10:16 | 148 | 12:00 | 12.10 | 1:23:19 | 6:53 | 19 | | 96 | 23:21 |
| Eiserner Handwe | 3.60 | 18:26 | 5:07 | 14 | 5:12 | 105 | 5:58 | 15.70 | 1:41:45 | 6:28 | 18 | | 96 | 29:19 |
| Schlüsie | 4.00 | 16:40 | 4:10 | 16 | 4:22 | 109 | 5:27 | 19.70 | 1:58:25 | 6:00 | 17 | | 96 | 34:46 |
| Loddenke | 3.20 | 14:59 | 4:40 | 14 | 3:53 | 102 | 4:35 | 22.90 | 2:13:24 | 5:49 | 18 | | 96 | 39:21 |
| Ilseburg/Markt | 3.30 | 15:13 | 4:36 | 11 | 2:59 | 73 | 4:10 | 26.20 | 2:28:37 | 5:40 | 13 | 37:12 | 98 | 43:31 |