



41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

□□□□

Vogel, Oliver

□□: Hermannsburg

□□: 100

□□: 26.20 km

Brockenlauf

□□□□:

Männer M30

□□□: 2:30:03

□□: 10.48 km/h

□□□□: 5:44 min/km

□□□□□/□□□: 113 (of 370)

□□□□□/□: 102 (of 317)

□□□□□□: 1:45:06

□□□□□: 10(of 23)

□□□□□□□: 2:00:20

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 18:09 | 5:30 | 9 | 4:22 | 111 | 5:07 | 3.30 | 18:09 | 5:30 | 15 | - | 100 | 5:06 |
| Schlüsie | 3.10 | 19:25 | 6:15 | 10 | 3:40 | 92 | 5:30 | 6.40 | 37:34 | 5:52 | 15 | - | 100 | 10:06 |
| Hermannsklippe | 2.60 | 16:31 | 6:21 | 10 | 3:19 | 84 | 4:49 | 9.00 | 54:05 | 6:00 | 15 | - | 100 | 14:33 |
| Brocken | 3.10 | 28:33 | 9:12 | 10 | 6:23 | 89 | 9:32 | 12.10 | 1:22:38 | 6:49 | 15 | - | 100 | 22:40 |
| Eiserner Handwe | 3.60 | 18:45 | 5:12 | 11 | 4:07 | 115 | 6:17 | 15.70 | 1:41:23 | 6:27 | 15 | - | 100 | 28:57 |
| Schlüsie | 4.00 | 17:35 | 4:23 | 10 | 4:54 | 132 | 6:22 | 19.70 | 1:58:58 | 6:02 | 15 | - | 100 | 35:19 |
| Loddenke | 3.20 | 15:02 | 4:41 | 8 | 2:26 | 103 | 4:38 | 22.90 | 2:14:00 | 5:51 | 15 | - | 100 | 39:57 |
| Ilseburg/Markt | 3.30 | 16:03 | 4:51 | 8 | 2:45 | 106 | 5:00 | 26.20 | 2:30:03 | 5:43 | 10 | 29:43 | 102 | 44:57 |