



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

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Villmann, Jörg

□□: Brockenlaufverein
□□: 246

□□: 26.20 km
Brockenlauf

□□□□:
Männer M50

□□□: 2:31:30

□□: 10.30 km/h
□□□□: 5:47 min/km

□□□□□/□□□: 118 (of 370)

□□□□□/□: 106 (of 317)

□□□□□□: 1:45:06

□□□□□: 13(of 51)

□□□□□□□: 1:57:52

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 18:25 | 5:34 | 18 | 3:11 | 123 | 5:23 | 3.30 | 18:25 | 5:34 | 38 | - | - | 103 | 5:22 |
| Schlüsie | 3.10 | 20:21 | 6:33 | 17 | 3:56 | 129 | 6:26 | 6.40 | 38:46 | 6:03 | 38 | - | - | 87 | 11:18 |
| Hermannsklippe | 2.60 | 17:41 | 6:48 | 16 | 4:05 | 127 | 5:59 | 9.00 | 56:27 | 6:16 | 38 | - | - | 103 | 16:55 |
| Brocken | 3.10 | 30:05 | 9:42 | 16 | 7:41 | 121 | 11:04 | 12.10 | 1:26:32 | 7:09 | 38 | - | - | 103 | 26:34 |
| Eiserner Handwe | 3.60 | 18:58 | 5:16 | 18 | 5:26 | 125 | 6:30 | 15.70 | 1:45:30 | 6:43 | 38 | - | - | 103 | 33:04 |
| Schlüsie | 4.00 | 16:09 | 4:02 | 9 | 3:20 | 79 | 4:56 | 19.70 | 2:01:39 | 6:10 | 24 | - | - | 103 | 38:00 |
| Loddenke | 3.20 | 14:31 | 4:32 | 10 | 3:11 | 90 | 4:07 | 22.90 | 2:16:10 | 5:56 | 26 | - | - | 103 | 42:07 |
| Ilseburg/Markt | 3.30 | 15:20 | 4:38 | 9 | 3:11 | 76 | 4:17 | 26.20 | 2:31:30 | 5:46 | 13 | 33:38 | - | 106 | 46:24 |