



# 41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

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Werzner, Holger

□□: Freiburger Windhunde

□□: 320

Enduro Long Men

□□□□:

Männer M50

□□□: 2:34:26

□□: - km/h

□□□□: 5:53 min/km

□□□□□/□□□: 128 (of 370)

□□□□□/□: 115 (of 317)

□□□□□□: 1:45:06

□□□□□: 15(of 51)

□□□□□□□: 1:57:52

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Loddenke	3.30	18:33	5:37	19	3:19	130	5:31	3.30	18:33	5:37	40	-	111	5:30
Schlüsie	3.10	20:06	6:29	16	3:41	117	6:11	6.40	38:39	6:02	40	-	111	11:11
Hermannsklippe	2.60	17:22	6:40	15	3:46	114	5:40	9.00	56:01	6:13	40	-	111	16:29
Brocken	3.10	30:51	9:57	19	8:27	140	11:50	12.10	1:26:52	7:10	40	-	111	26:54
Eiserner Handwe	3.60	19:18	5:21	23	5:46	144	6:50	15.70	1:46:10	6:45	40	-	111	33:44
Schlüsie	4.00	17:37	4:24	23	4:48	133	6:24	19.70	2:03:47	6:17	38	-	111	40:08
Loddenke	3.20	15:05	4:42	15	3:45	105	4:41	22.90	2:18:52	6:03	40	-	111	44:49
Ilseburg/Markt	3.30	15:34	4:43	14	3:25	89	4:31	-	2:34:26	-	15	36:34	115	49:20