



41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

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Mothes, Matthias

□□: Kindelbrück

□□: 31

□□: 26.20 km

Brockenlauf

□□□□:

Männer M40

□□□: 2:35:19

□□: 10.12 km/h

□□□□: 5:56 min/km

□□□□□/□□□: 132 (of 370)

□□□□□/□: 119 (of 317)

□□□□□□: 1:45:06

□□□□□: 23(of 47)

□□□□□□□: 1:45:43

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 18:51 | 5:42 | 26 | 5:49 | 148 | 5:49 | 3.30 | 18:51 | 5:42 | 43 | - | 115 | 5:48 |
| Schlüsie | 3.10 | 20:19 | 6:33 | 22 | 6:10 | 127 | 6:24 | 6.40 | 39:10 | 6:07 | 43 | - | 115 | 11:42 |
| Hermannsklippe | 2.60 | 17:05 | 6:34 | 21 | 5:08 | 103 | 5:23 | 9.00 | 56:15 | 6:15 | 43 | - | 115 | 16:43 |
| Brocken | 3.10 | 32:06 | 10:21 | 30 | 12:01 | 169 | 13:05 | 12.10 | 1:28:21 | 7:18 | 43 | - | 115 | 28:23 |
| Eiserner Handwe | 3.60 | 18:44 | 5:12 | 21 | 6:12 | 114 | 6:16 | 15.70 | 1:47:05 | 6:49 | 43 | - | 115 | 34:39 |
| Schlüsie | 4.00 | 17:00 | 4:15 | 21 | 5:32 | 115 | 5:47 | 19.70 | 2:04:05 | 6:17 | 42 | - | 115 | 40:26 |
| Loddenke | 3.20 | 15:22 | 4:48 | 21 | 4:51 | 114 | 4:58 | 22.90 | 2:19:27 | 6:05 | 43 | - | 115 | 45:24 |
| Ilseburg/Markt | 3.30 | 15:52 | 4:48 | 18 | 4:29 | 98 | 4:49 | 26.20 | 2:35:19 | 5:55 | 23 | 49:36 | 119 | 50:13 |