



41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

□□□□

Bedemann, Torsten

□□: Ziltendorfer Rennmäuse

□□: 205

□□: 26.20 km

Brockenlauf

□□□□:

Männer M45

□□□: 2:35:55

□□: 10.08 km/h

□□□□: 5:57 min/km

□□□□□/□□□: 135 (of 370)

□□□□□/□: 122 (of 317)

□□□□□□: 1:45:06

□□□□□: 32(of 74)

□□□□□□□: 2:01:21

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 17:23 | 5:16 | 19 | 3:05 | 76 | 4:21 | 3.30 | 17:23 | 5:16 | 61 | - | 76 | 4:20 |
| Schlüsie | 3.10 | 19:04 | 6:09 | 20 | 2:35 | 83 | 5:09 | 6.40 | 36:27 | 5:41 | 61 | - | 118 | 8:59 |
| Hermannsklippe | 2.60 | 17:48 | 6:50 | 31 | 3:47 | 136 | 6:06 | 9.00 | 54:15 | 6:01 | 61 | - | 118 | 14:43 |
| Brocken | 3.10 | 30:05 | 9:42 | 31 | 8:56 | 121 | 11:04 | 12.10 | 1:24:20 | 6:58 | 61 | - | 118 | 24:22 |
| Eiserner Handwe | 3.60 | 18:39 | 5:10 | 29 | 4:09 | 110 | 6:11 | 15.70 | 1:42:59 | 6:33 | 61 | - | 118 | 30:33 |
| Schlüsie | 4.00 | 17:23 | 4:20 | 30 | 3:54 | 126 | 6:10 | 19.70 | 2:00:22 | 6:06 | 56 | - | 91 | 36:43 |
| Loddenke | 3.20 | 18:34 | 5:48 | 51 | 6:40 | 217 | 8:10 | 22.90 | 2:18:56 | 6:04 | 61 | - | 118 | 44:53 |
| Ilseburg/Markt | 3.30 | 16:59 | 5:08 | 40 | 4:19 | 143 | 5:56 | 26.20 | 2:35:55 | 5:57 | 32 | 34:34 | 122 | 50:49 |