



41. Brockenlauf, 21. Ilsesteinlauf  
Ilseburg / 03.09.2011

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Schmalz, Holger

□□: Brockenlaufverein  
□□: 212

□□: 26.20 km  
Brockenlauf

□□□□:  
Männer M50

□□□: 2:36:52

□□: 10.02 km/h  
□□□□: 5:59 min/km

□□□□□/□□□: 136 (of 370)

□□□□□/□: 123 (of 317)

□□□□□□: 1:45:06

□□□□□: 16(of 51)

□□□□□□□: 1:57:52

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 18:48    | 5:41         | 21      | 3:34    | 143     | 5:46    | 3.30  | 18:48     | 5:41      | 41            |         |         | 114     | 5:45    |
| Schlüsie        | 3.10     | 19:57    | 6:26         | 14      | 3:32    | 109     | 6:02    | 6.40  | 38:45     | 6:03      | 41            |         |         | 119     | 11:17   |
| Hermannsklippe  | 2.60     | 16:55    | 6:30         | 13      | 3:19    | 99      | 5:13    | 9.00  | 55:40     | 6:11      | 41            |         |         | 119     | 16:08   |
| Brocken         | 3.10     | 28:39    | 9:14         | 12      | 6:15    | 93      | 9:38    | 12.10 | 1:24:19   | 6:58      | 41            |         |         | 119     | 24:21   |
| Eiserner Handwe | 3.60     | 18:52    | 5:14         | 16      | 5:20    | 121     | 6:24    | 15.70 | 1:43:11   | 6:34      | 41            |         |         | 119     | 30:45   |
| Schlüsie        | 4.00     | 18:11    | 4:32         | 27      | 5:22    | 154     | 6:58    | 19.70 | 2:01:22   | 6:09      | 39            |         |         | 119     | 37:43   |
| Loddenke        | 3.20     | 16:28    | 5:08         | 28      | 5:08    | 162     | 6:04    | 22.90 | 2:17:50   | 6:01      | 41            |         |         | 119     | 43:47   |
| Ilseburg/Markt  | 3.30     | 19:02    | 5:46         | 37      | 6:53    | 212     | 7:59    | 26.20 | 2:36:52   | 5:59      | 16            | 39:00   |         | 123     | 51:46   |