



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

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Krause, Kilian

□□: Herzberg

□□: 9

□□: 26.20 km

Brockenlauf

□□□□:

Männer M35

□□□: 2:38:14

□□: 9.86 km/h

□□□□: 6:02 min/km

□□□□□/□□□: 150 (of 370)

□□□□□/□: 135 (of 317)

□□□□□□: 1:45:06

□□□□□: 18(of 30)

□□□□□□□: 1:51:25

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:04	6:04	24	6:18	204	7:02	3.30	20:04	6:04	14	2:52	131	7:01	
Schlüsie	3.10	20:51	6:43	21	5:29	142	6:56	6.40	40:55	6:23	14	3:58	124	13:27	
Hermannsklippe	2.60	17:53	6:52	19	5:13	140	6:11	9.00	58:48	6:31	14	4:30	131	19:16	
Brocken	3.10	30:33	9:51	18	9:48	132	11:32	12.10	1:29:21	7:23	14	4:35	131	29:23	
Eiserner Handwe	3.60	19:08	5:18	16	5:54	134	6:40	15.70	1:48:29	6:54	13	2:04	131	36:03	
Schlüsie	4.00	17:44	4:26	18	5:26	142	6:31	19.70	2:06:13	6:24	12	1:47	131	42:34	
Loddenke	3.20	15:11	4:44	15	4:05	109	4:47	22.90	2:21:24	6:10	13	2:01	131	47:21	
Ilsenburg/Markt	3.30	16:50	5:06	16	4:36	136	5:47	26.20	2:38:14	6:02	18	46:49	134	53:08	