



41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

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Kugenbuch, Ingo

□□: Brockenlaufverein

□□: 77

□□: 26.20 km

Brockenlauf

□□□□:

Männer M40

□□□: 2:38:25

□□: 9.92 km/h

□□□□: 6:03 min/km

□□□□□/□□□: 151 (of 370)

□□□□□/□: 136 (of 317)

□□□□□□: 1:45:06

□□□□□: 26(of 47)

□□□□□□□: 1:45:43

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 17:33 | 5:19 | 17 | 4:31 | 86 | 4:31 | 3.30 | 17:33 | 5:19 | 2 | | | 71 | 4:30 |
| Schlüsie | 3.10 | 20:17 | 6:32 | 21 | 6:08 | 126 | 6:22 | 6.40 | 37:50 | 5:54 | 2 | | | 132 | 10:22 |
| Hermannsklippe | 2.60 | 17:47 | 6:50 | 24 | 5:50 | 134 | 6:05 | 9.00 | 55:37 | 6:10 | 2 | | | 132 | 16:05 |
| Brocken | 3.10 | 30:40 | 9:53 | 24 | 10:35 | 137 | 11:39 | 12.10 | 1:26:17 | 7:07 | 2 | | | 132 | 26:19 |
| Eiserner Handwe | 3.60 | 20:52 | 5:47 | 32 | 8:20 | 197 | 8:24 | 15.70 | 1:47:09 | 6:49 | 2 | | | 124 | 34:43 |
| Schlüsie | 4.00 | 17:37 | 4:24 | 24 | 6:09 | 133 | 6:24 | 19.70 | 2:04:46 | 6:20 | 3 | | | 132 | 41:07 |
| Loddenke | 3.20 | 15:47 | 4:55 | 25 | 5:16 | 132 | 5:23 | 22.90 | 2:20:33 | 6:08 | 2 | | | 132 | 46:30 |
| Ilseburg/Markt | 3.30 | 17:52 | 5:24 | 29 | 6:29 | 177 | 6:49 | 26.20 | 2:38:25 | 6:02 | 26 | 52:42 | | 136 | 53:19 |