



# 41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

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Jensen, Ib

□□: Kolding Motion

□□: 20

□□: 26.20 km

Brockenlauf

□□□□:

Männer M50

□□□: 2:42:24

□□: 9.61 km/h

□□□□: 6:12 min/km

□□□□□/□□□: 174 (of 370)

□□□□□/□: 154 (of 317)

□□□□□□: 1:45:06

□□□□□: 25(of 51)

□□□□□□□: 1:57:52

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 20:42    | 6:16         | 33      | 5:28    | 227     | 7:40    | 3.30  | 20:42     | 6:16          | 50      | 0:33    | 149     | 7:39    |
| Schlüsie        | 3.10     | 22:17    | 7:11         | 29      | 5:52    | 208     | 8:22    | 6.40  | 42:59     | 6:42          | 50      |         | 149     | 15:31   |
| Hermannsklippe  | 2.60     | 19:44    | 7:35         | 31      | 6:08    | 210     | 8:02    | 9.00  | 1:02:43   | 6:58          | 50      |         | 149     | 23:11   |
| Brocken         | 3.10     | 31:34    | 10:10        | 21      | 9:10    | 158     | 12:33   | 12.10 | 1:34:17   | 7:47          | 50      |         | 149     | 34:19   |
| Eiserner Handwe | 3.60     | 19:09    | 5:19         | 21      | 5:37    | 135     | 6:41    | 15.70 | 1:53:26   | 7:13          | 50      |         | 149     | 41:00   |
| Schlüsie        | 4.00     | 17:42    | 4:25         | 25      | 4:53    | 140     | 6:29    | 19.70 | 2:11:08   | 6:39          | 2       |         | 149     | 47:29   |
| Loddenke        | 3.20     | 15:45    | 4:55         | 22      | 4:25    | 130     | 5:21    | 22.90 | 2:26:53   | 6:24          | 14      |         | 149     | 52:50   |
| Ilseburg/Markt  | 3.30     | 15:31    | 4:42         | 12      | 3:22    | 86      | 4:28    | 26.20 | 2:42:24   | 6:11          | 25      | 44:32   | 154     | 57:18   |