



41. Brockenlauf, 21. Ilsesteinlauf  
Ilseburg / 03.09.2011

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Rauschenberger, Sven

□□: VfL Wildeshasuen  
□□: 159

□□: 26.20 km  
Brockenlauf

□□□□:  
Männer M40

□□□: 2:43:41

□□: 9.53 km/h  
□□□□: 6:15 min/km

□□□□□/□□□: 183 (of 370)

□□□□□/□: 163 (of 317)

□□□□□□: 1:45:06

□□□□□: 30(of 47)

□□□□□□□: 1:45:43

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□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 19:23    | 5:52         | 34      | 6:21    | 176     | 6:21    | 3.30  | 19:23     | 5:52      | 6             |         |         | 158     | 6:20    |
| Schlüsie        | 3.10     | 20:20    | 6:33         | 23      | 6:11    | 128     | 6:25    | 6.40  | 39:43     | 6:12      | 6             |         |         | 114     | 12:15   |
| Hermannsklippe  | 2.60     | 16:40    | 6:24         | 19      | 4:43    | 93      | 4:58    | 9.00  | 56:23     | 6:15      | 6             |         |         | 158     | 16:51   |
| Brocken         | 3.10     | 30:09    | 9:43         | 22      | 10:04   | 124     | 11:08   | 12.10 | 1:26:32   | 7:09      | 6             |         |         | 103     | 26:34   |
| Eiserner Handwe | 3.60     | 19:56    | 5:32         | 28      | 7:24    | 161     | 7:28    | 15.70 | 1:46:28   | 6:46      | 6             |         |         | 158     | 34:02   |
| Schlüsie        | 4.00     | 18:27    | 4:36         | 27      | 6:59    | 168     | 7:14    | 19.70 | 2:04:55   | 6:20      | 7             |         |         | 158     | 41:16   |
| Loddenke        | 3.20     | 18:48    | 5:52         | 36      | 8:17    | 226     | 8:24    | 22.90 | 2:23:43   | 6:16      | 6             |         |         | 141     | 49:40   |
| Ilseburg/Markt  | 3.30     | 19:58    | 6:03         | 37      | 8:35    | 238     | 8:55    | 26.20 | 2:43:41   | 6:14      | 30            | 57:58   |         | 163     | 58:35   |