



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

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Sternberg, Ulf

□□: HGL Wernigerode

□□: 143

□□: 26.20 km

Brockenlauf

□□□□:

Männer M45

□□□: 2:44:02

□□: 9.51 km/h

□□□□: 6:16 min/km

□□□□□/□□□: 186 (of 370)

□□□□□/□: 166 (of 317)

□□□□□□: 1:45:06

□□□□□: 44(of 74)

□□□□□□□: 2:01:21

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 19:29 | 5:54 | 42 | 5:11 | 178 | 6:27 | 3.30 | 19:29 | 5:54 | 14 | - | 75 | 6:26 |
| Schlüsie | 3.10 | 21:01 | 6:46 | 37 | 4:32 | 153 | 7:06 | 6.40 | 40:30 | 6:19 | 14 | - | 161 | 13:02 |
| Hermannsklippe | 2.60 | 18:28 | 7:06 | 39 | 4:27 | 165 | 6:46 | 9.00 | 58:58 | 6:33 | 14 | - | 161 | 19:26 |
| Brocken | 3.10 | 30:55 | 9:58 | 36 | 9:46 | 146 | 11:54 | 12.10 | 1:29:53 | 7:25 | 14 | - | 161 | 29:55 |
| Eiserner Handwe | 3.60 | 19:03 | 5:17 | 34 | 4:33 | 130 | 6:35 | 15.70 | 1:48:56 | 6:56 | 14 | - | 161 | 36:30 |
| Schlüsie | 4.00 | 18:23 | 4:35 | 41 | 4:54 | 161 | 7:10 | 19.70 | 2:07:19 | 6:27 | 11 | - | 161 | 43:40 |
| Loddenke | 3.20 | 17:52 | 5:34 | 47 | 5:58 | 200 | 7:28 | 22.90 | 2:25:11 | 6:20 | 14 | - | 161 | 51:08 |
| Ilseburg/Markt | 3.30 | 18:51 | 5:42 | 53 | 6:11 | 211 | 7:48 | 26.20 | 2:44:02 | 6:15 | 44 | 42:41 | 166 | 58:56 |