



41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

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Leuschner, Karsten

□□: LF Ehberg 02

□□: 359

□□: 26.20 km

Brockenlauf

□□□□:

Männer M35

□□□: 2:45:14

□□: 9.44 km/h

□□□□: 6:19 min/km

□□□□□/□□□: 192 (of 370)

□□□□□/□: 170 (of 317)

□□□□□□: 1:45:06

□□□□□: 20(of 30)

□□□□□□□: 1:51:25

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 20:25 | 6:11 | 25 | 6:39 | 216 | 7:23 | 3.30 | 20:25 | 6:11 | 12 | 3:13 | 165 | 7:22 |
| Schlüsie | 3.10 | 22:22 | 7:12 | 25 | 7:00 | 213 | 8:27 | 6.40 | 42:47 | 6:41 | 12 | 5:50 | 165 | 15:19 |
| Hermannsklippe | 2.60 | 19:35 | 7:31 | 25 | 6:55 | 205 | 7:53 | 9.00 | 1:02:22 | 6:55 | 12 | 8:04 | 165 | 22:50 |
| Brocken | 3.10 | 32:20 | 10:25 | 21 | 11:35 | 172 | 13:19 | 12.10 | 1:34:42 | 7:49 | 12 | 9:56 | 165 | 34:44 |
| Eiserner Handwe | 3.60 | 20:17 | 5:38 | 21 | 7:03 | 174 | 7:49 | 15.70 | 1:54:59 | 7:19 | 11 | 8:34 | 165 | 42:33 |
| Schlüsie | 4.00 | 17:13 | 4:18 | 17 | 4:55 | 122 | 6:00 | 19.70 | 2:12:12 | 6:42 | 10 | 7:46 | 165 | 48:33 |
| Loddenke | 3.20 | 15:46 | 4:55 | 18 | 4:40 | 131 | 5:22 | 22.90 | 2:27:58 | 6:27 | 11 | 8:35 | 165 | 53:55 |
| Ilseburg/Markt | 3.30 | 17:16 | 5:13 | 18 | 5:02 | 150 | 6:13 | 26.20 | 2:45:14 | 6:18 | 20 | 53:49 | 170 | 1:00:08 |