



41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

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Jakob, Philipp

□□: Martinroda

□□: 72

□□: 26.20 km

Brockenlauf

□□□□:

Männer M40

□□□: 2:45:21

□□: 9.43 km/h

□□□□: 6:19 min/km

□□□□□/□□□: 194 (of 370)

□□□□□/□: 172 (of 317)

□□□□□□: 1:45:06

□□□□□: 31(of 47)

□□□□□□□: 1:45:43

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 19:57 | 6:02 | 37 | 6:55 | 199 | 6:55 | 3.30 | 19:57 | 6:02 | 7 | 0:05 | 169 | 6:54 | |
| Schlüsie | 3.10 | 21:27 | 6:55 | 32 | 7:18 | 174 | 7:32 | 6.40 | 41:24 | 6:28 | 7 | 0:30 | 169 | 13:56 | |
| Hermannsklippe | 2.60 | 17:58 | 6:54 | 25 | 6:01 | 142 | 6:16 | 9.00 | 59:22 | 6:35 | 7 | 0:21 | 169 | 19:50 | |
| Brocken | 3.10 | 32:08 | 10:21 | 31 | 12:03 | 170 | 13:07 | 12.10 | 1:31:30 | 7:33 | 7 | 0:59 | 169 | 31:32 | |
| Eiserner Handwe | 3.60 | 18:33 | 5:09 | 20 | 6:01 | 107 | 6:05 | 15.70 | 1:50:03 | 7:00 | 7 | | 169 | 37:37 | |
| Schlüsie | 4.00 | 17:45 | 4:26 | 26 | 6:17 | 144 | 6:32 | 19.70 | 2:07:48 | 6:29 | 8 | | 169 | 44:09 | |
| Loddenke | 3.20 | 18:10 | 5:40 | 33 | 7:39 | 207 | 7:46 | 22.90 | 2:25:58 | 6:22 | 7 | | 169 | 51:55 | |
| Ilseburg/Markt | 3.30 | 19:23 | 5:52 | 34 | 8:00 | 220 | 8:20 | 26.20 | 2:45:21 | 6:18 | 31 | 59:38 | 171 | 1:00:15 | |