



# 41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

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Gerlach, Eberhard

□□□: 2:46:31

□□: Garbsen

□□: 9.37 km/h

□□: 45

□□□□: 6:22 min/km

□□: 26.20 km

□□□□□/□□□: 203 (of 370)

Brockenlauf

□□□□□/□: 180 (of 317)

□□□□□□: 1:45:06

□□□□:

□□□□□: 48(of 74)

Männer M45

□□□□□□□: 2:01:21

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:44	5:58	46	5:26	185	6:42	3.30	19:44	5:58	1	-	175	6:41	
Schlüsie	3.10	21:23	6:53	43	4:54	169	7:28	6.40	41:07	6:25	1	-	175	13:39	
Hermannsklippe	2.60	18:25	7:05	38	4:24	164	6:43	9.00	59:32	6:36	1	-	175	20:00	
Brocken	3.10	31:04	10:01	38	9:55	151	12:03	12.10	1:30:36	7:29	1	-	175	30:38	
Eiserner Handwe	3.60	19:50	5:30	39	5:20	159	7:22	15.70	1:50:26	7:02	1	-	175	38:00	
Schlüsie	4.00	18:21	4:35	40	4:52	160	7:08	19.70	2:08:47	6:32	7	-	175	45:08	
Loddenke	3.20	18:36	5:48	53	6:42	219	8:12	22.90	2:27:23	6:26	1	-	175	53:20	
Ilsenburg/Markt	3.30	19:08	5:47	54	6:28	214	8:05	26.20	2:46:31	6:21	48	45:10	180	1:01:25	