



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

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Hüppe, Gustav

□□: MTV Wolfenbüttel
 □□: 177

□□: 26.20 km
 Brockenlauf

□□□□:
 Männer M55

□□□: 2:47:25

□□: 9.32 km/h
 □□□□: 6:23 min/km

□□□□□/□□□: 209 (of 370)

□□□□□/□: 186 (of 317)

□□□□□□: 1:45:06

□□□□□: 16(of 30)

□□□□□□□: 2:09:58

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 20:57 | 6:20 | 20 | 5:56 | 238 | 7:55 | 3.30 | 20:57 | 6:20 | 1 | - | 181 | 7:54 | |
| Schlüsie | 3.10 | 21:49 | 7:02 | 16 | 4:51 | 189 | 7:54 | 6.40 | 42:46 | 6:40 | 1 | - | 181 | 15:18 | |
| Hermannsklippe | 2.60 | 17:43 | 6:48 | 10 | 2:53 | 129 | 6:01 | 9.00 | 1:00:29 | 6:43 | 1 | - | 178 | 20:57 | |
| Brocken | 3.10 | 30:40 | 9:53 | 11 | 3:39 | 137 | 11:39 | 12.10 | 1:31:09 | 7:31 | 1 | - | 181 | 31:11 | |
| Eiserner Handwe | 3.60 | 21:17 | 5:54 | 20 | 5:53 | 208 | 8:49 | 15.70 | 1:52:26 | 7:09 | 1 | - | 181 | 40:00 | |
| Schlüsie | 4.00 | 20:06 | 5:01 | 21 | 5:51 | 221 | 8:53 | 19.70 | 2:12:32 | 6:43 | 14 | | 181 | 48:53 | |
| Loddenke | 3.20 | 17:06 | 5:20 | 18 | 4:04 | 185 | 6:42 | 22.90 | 2:29:38 | 6:32 | 1 | - | 181 | 55:35 | |
| Ilsenburg/Markt | 3.30 | 17:47 | 5:23 | 15 | 4:35 | 175 | 6:44 | 26.20 | 2:47:25 | 6:23 | 16 | 37:27 | 186 | 1:02:19 | |