



41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

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Götz, Jörg

□□: EGGER Wismar

□□: 30

□□: 26.20 km

Brockenlauf

□□□□:

Männer M50

□□□: 2:48:48

□□: 9.24 km/h

□□□□: 6:26 min/km

□□□□□/□□□: 220 (of 370)

□□□□□/□: 195 (of 317)

□□□□□□: 1:45:06

□□□□□: 29(of 51)

□□□□□□□: 1:57:52

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 19:10 | 5:48 | 23 | 3:56 | 168 | 6:08 | 3.30 | 19:10 | 5:48 | 4 | - | 190 | 6:07 |
| Schlüsie | 3.10 | 22:36 | 7:17 | 31 | 6:11 | 217 | 8:41 | 6.40 | 41:46 | 6:31 | 4 | - | 143 | 14:18 |
| Hermannsklippe | 2.60 | 19:24 | 7:27 | 28 | 5:48 | 200 | 7:42 | 9.00 | 1:01:10 | 6:47 | 4 | - | 190 | 21:38 |
| Brocken | 3.10 | 31:17 | 10:05 | 20 | 8:53 | 154 | 12:16 | 12.10 | 1:32:27 | 7:38 | 4 | - | 190 | 32:29 |
| Eiserner Handwe | 3.60 | 21:08 | 5:52 | 33 | 7:36 | 204 | 8:40 | 15.70 | 1:53:35 | 7:14 | 4 | - | 190 | 41:09 |
| Schlüsie | 4.00 | 21:06 | 5:16 | 37 | 8:17 | 238 | 9:53 | 19.70 | 2:14:41 | 6:50 | 6 | - | 190 | 51:02 |
| Loddenke | 3.20 | 16:50 | 5:15 | 31 | 5:30 | 175 | 6:26 | 22.90 | 2:31:31 | 6:36 | 5 | - | 190 | 57:28 |
| Ilseburg/Markt | 3.30 | 17:17 | 5:14 | 25 | 5:08 | 151 | 6:14 | 26.20 | 2:48:48 | 6:26 | 29 | 50:56 | 195 | 1:03:42 |