



# 41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

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Rathke, Klaus

□□: Wernigerode

□□: 266

□□: 26.20 km

Brockenlauf

□□□□:

Männer M50

□□□: 2:49:24

□□: 9.28 km/h

□□□□: 6:28 min/km

□□□□□/□□□: 223 (of 370)

□□□□□/□: 198 (of 317)

□□□□□□: 1:45:06

□□□□□: 30(of 51)

□□□□□□□: 1:57:52

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 21:08    | 6:24         | 36      | 5:54    | 244     | 8:06    | 3.30  | 21:08     | 6:24          | 5       | 0:59    | 171     | 8:05    |
| Schlüsie        | 3.10     | 21:34    | 6:57         | 24      | 5:09    | 180     | 7:39    | 6.40  | 42:42     | 6:40          | 5       |         | 193     | 15:14   |
| Hermannsklippe  | 2.60     | 18:19    | 7:02         | 22      | 4:43    | 157     | 6:37    | 9.00  | 1:01:01   | 6:46          | 5       |         | 170     | 21:29   |
| Brocken         | 3.10     | 33:07    | 10:40        | 29      | 10:43   | 197     | 14:06   | 12.10 | 1:34:08   | 7:46          | 5       |         | 193     | 34:10   |
| Eiserner Handwe | 3.60     | 20:36    | 5:43         | 30      | 7:04    | 189     | 8:08    | 15.70 | 1:54:44   | 7:18          | 5       |         | 193     | 42:18   |
| Schlüsie        | 4.00     | 19:31    | 4:52         | 34      | 6:42    | 209     | 8:18    | 19.70 | 2:14:15   | 6:48          | 7       |         | 192     | 50:36   |
| Loddenke        | 3.20     | 16:56    | 5:17         | 33      | 5:36    | 180     | 6:32    | 22.90 | 2:31:11   | 6:36          | 6       |         | 192     | 57:08   |
| Ilseburg/Markt  | 3.30     | 18:13    | 5:31         | 31      | 6:04    | 191     | 7:10    | 26.20 | 2:49:24   | 6:27          | 30      | 51:32   | 197     | 1:04:18 |