



41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

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Dudek, Harald

□□: LSV Lok Arnstadt
 □□: 310

□□: 26.20 km
 Brockenlauf

□□□□:
 Männer M60

□□□: 2:49:44

□□: 9.26 km/h
 □□□□: 6:29 min/km

□□□□□/□□□: 226 (of 370)

□□□□□/□: 201 (of 317)

□□□□□□: 1:45:06

□□□□□: 10(of 21)

□□□□□□□: 2:18:16

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 22:17 | 6:45 | 16 | 5:39 | 274 | 9:15 | 3.30 | 22:17 | 6:45 | 13 | 0:31 | 196 | 9:14 |
| Schlüsie | 3.10 | 22:45 | 7:20 | 12 | 4:10 | 221 | 8:50 | 6.40 | 45:02 | 7:02 | 13 | 0:44 | 196 | 17:34 |
| Hermannsklippe | 2.60 | 18:36 | 7:09 | 8 | 2:42 | 170 | 6:54 | 9.00 | 1:03:38 | 7:04 | 13 | 0:43 | 196 | 24:06 |
| Brocken | 3.10 | 32:58 | 10:38 | 10 | 6:24 | 194 | 13:57 | 12.10 | 1:36:36 | 7:59 | 13 | 0:34 | 196 | 36:38 |
| Eiserner Handwe | 3.60 | 20:17 | 5:38 | 7 | 4:09 | 174 | 7:49 | 15.70 | 1:56:53 | 7:26 | 13 | 0:18 | 196 | 44:27 |
| Schlüsie | 4.00 | 18:19 | 4:34 | 7 | 3:16 | 158 | 7:06 | 19.70 | 2:15:12 | 6:51 | 9 | 0:57 | 196 | 51:33 |
| Loddenke | 3.20 | 16:20 | 5:06 | 6 | 2:39 | 158 | 5:56 | 22.90 | 2:31:32 | 6:37 | 13 | | 196 | 57:29 |
| Ilseburg/Markt | 3.30 | 18:12 | 5:30 | 8 | 3:19 | 190 | 7:09 | 26.20 | 2:49:44 | 6:28 | 10 | 31:28 | 201 | 1:04:38 |