



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

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Unger, Christian

□□: TSV Benstorf / Oldendorf
□□: 288

□□: 26.20 km
Brockenlauf

□□□□:
Männer M20

□□□: 3:01:05

□□: 8.61 km/h
□□□□: 6:55 min/km

□□□□□/□□□: 272 (of 370)

□□□□□/□: 236 (of 317)

□□□□□□: 1:45:06

□□□□□: 18(of 22)

□□□□□□□: 1:45:06

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 18:31 | 5:36 | 14 | 5:29 | 127 | 5:29 | 3.30 | 18:31 | 5:36 | 6 | | | 233 | 5:28 |
| Schlüsie | 3.10 | 21:11 | 6:49 | 16 | 7:16 | 164 | 7:16 | 6.40 | 39:42 | 6:12 | 6 | 1:32 | | 233 | 12:14 |
| Hermannsklippe | 2.60 | 19:16 | 7:24 | 17 | 7:34 | 193 | 7:34 | 9.00 | 58:58 | 6:33 | 6 | 4:45 | | 161 | 19:26 |
| Brocken | 3.10 | 35:13 | 11:21 | 18 | 16:12 | 239 | 16:12 | 12.10 | 1:34:11 | 7:47 | 6 | 13:28 | | 233 | 34:13 |
| Eiserner Handwe | 3.60 | 24:11 | 6:43 | 19 | 11:43 | 272 | 11:43 | 15.70 | 1:58:22 | 7:32 | 6 | 17:01 | | 217 | 45:56 |
| Schlüsie | 4.00 | 23:17 | 5:49 | 21 | 12:04 | 277 | 12:04 | 19.70 | 2:21:39 | 7:11 | 5 | 23:32 | | 233 | 58:00 |
| Loddenke | 3.20 | 19:35 | 6:07 | 17 | 9:11 | 246 | 9:11 | 22.90 | 2:41:14 | 7:02 | 6 | 21:21 | | 233 | 1:07:11 |
| Ilseburg/Markt | 3.30 | 19:51 | 6:00 | 17 | 8:48 | 235 | 8:48 | 26.20 | 3:01:05 | 6:54 | 18 | 1:15:59 | | 236 | 1:15:59 |