



41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

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Frommert, Henry

□□: LC Blueliner

□□: 337

□□: 26.20 km

Brockenlauf

□□□□:

Männer M50

□□□: 3:04:26

□□: 8.52 km/h

□□□□: 7:02 min/km

□□□□□/□□□: 284 (of 370)

□□□□□/□: 247 (of 317)

□□□□□□: 1:45:06

□□□□□: 38(of 51)

□□□□□□□: 1:57:52

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:20	6:27	38	6:06	252	8:18	3.30	21:20	6:27	13	1:11	240	8:17
Schlüsie	3.10	22:07	7:08	27	5:42	199	8:12	6.40	43:27	6:47	13	0:20	240	15:59
Hermannsklippe	2.60	20:15	7:47	34	6:39	223	8:33	9.00	1:03:42	7:04	13	0:40	240	24:10
Brocken	3.10	32:39	10:31	26	10:15	183	13:38	12.10	1:36:21	7:57	13		244	36:23
Eiserner Handwe	3.60	26:20	7:18	45	12:48	289	13:52	15.70	2:02:41	7:48	13		240	50:15
Schlüsie	4.00	24:47	6:11	45	11:58	282	13:34	19.70	2:27:28	7:29	15	8:49	244	1:03:49
Loddenke	3.20	19:20	6:02	39	8:00	241	8:56	22.90	2:46:48	7:17	1	-	244	1:12:45
Ilseburg/Markt	3.30	17:38	5:20	27	5:29	167	6:35	26.20	3:04:26	7:02	38	1:06:34	247	1:19:20