



41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

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Vorwerg, Michael

□□: Stick-Running Dortmund

□□: 90

□□: 26.20 km

Brockenlauf

□□□□:

Männer M50

□□□: 3:08:22

□□: 8.35 km/h

□□□□: 7:11 min/km

□□□□□/□□□: 296 (of 370)

□□□□□/□: 257 (of 317)

□□□□□□: 1:45:06

□□□□□: 41(of 51)

□□□□□□□: 1:57:52

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:39	6:51	43	7:25	281	9:37	3.30	22:39	6:51	16	2:30	254	9:36	
Schlüsie	3.10	24:16	7:49	42	7:51	259	10:21	6.40	46:55	7:19	16	3:48	254	19:27	
Hermannsklippe	2.60	21:00	8:04	38	7:24	243	9:18	9.00	1:07:55	7:32	16	4:53	254	28:23	
Brocken	3.10	34:43	11:11	35	12:19	233	15:42	12.10	1:42:38	8:28	16	2:21	254	42:40	
Eiserner Handwe	3.60	23:18	6:28	42	9:46	256	10:50	15.70	2:05:56	8:01	16	2:53	254	53:30	
Schlüsie	4.00	22:23	5:35	41	9:34	265	11:10	19.70	2:28:19	7:31	18	9:40	254	1:04:40	
Loddenke	3.20	19:41	6:09	41	8:21	247	9:17	22.90	2:48:00	7:20	17	1:12	254	1:13:57	
Ilseburg/Markt	3.30	20:22	6:10	39	8:13	243	9:19	26.20	3:08:22	7:11	41	1:10:30	257	1:23:16	