



41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

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Fay, Dr. Horst

□□: LG Wolfstein
 □□: 309

□□: 26.20 km
 Brockenlauf

□□□□:
 Männer M55

□□□: 3:09:02

□□: 8.25 km/h
 □□□□: 7:13 min/km

□□□□□/□□□: 298 (of 370)

□□□□□/□: 259 (of 317)

□□□□□□: 1:45:06

□□□□□: 23(of 30)

□□□□□□□: 2:09:58

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:49	6:54	28	7:48	286	9:47	3.30	22:49	6:54	8	1:52	255	9:46
Schlüsie	3.10	25:02	8:04	25	8:04	273	11:07	6.40	47:51	7:28	8	5:05	255	20:23
Hermannsklippe	2.60	21:52	8:24	26	7:02	265	10:10	9.00	1:09:43	7:44	8	9:14	255	30:11
Brocken	3.10	34:19	11:04	21	7:18	226	15:18	12.10	1:44:02	8:35	8	12:53	255	44:04
Eiserner Handwe	3.60	24:52	6:54	28	9:28	277	12:24	15.70	2:08:54	8:12	8	16:28	255	56:28
Schlüsie	4.00	21:11	5:17	24	6:56	241	9:58	19.70	2:30:05	7:37	6	16:56	255	1:06:26
Loddenke	3.20	20:14	6:19	25	7:12	254	9:50	22.90	2:50:19	7:26	8	20:41	255	1:16:16
Ilseburg/Markt	3.30	18:43	5:40	22	5:31	209	7:40	26.20	3:09:02	7:12	23	59:04	259	1:23:56