



41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

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Schröder, Martin

□□: WMTV Solingen

□□: 1053

□□: 26.20 km

Brocken-Walking

□□□□:

Walking Männer

□□□: 4:56:56

□□: 5.25 km/h

□□□□: 11:20 min/km

□□□□□/□□□: 11 (of 11)

□□□□□/□: 7 (of 7)

□□□□□□: 3:37:54

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Loddenke	3.30	31:58	9:41	5	3:46	5	3:46	3.30	31:58	9:41	7	3:46	7	3:46
Schlüsie	3.10	fehlt!	-	-	-	-	-	6.40	-	-	-	-	-	-
Hermannsklippe	2.60	1:04:03	24:38	7	15:21	7	15:21	9.00	1:36:01	10:40	7	16:51	7	16:51
Brocken	3.10	54:23	17:32	3	14:40	3	14:40	12.10	2:30:24	12:25	3	21:30	3	21:30
Eiserner Handwe	3.60	40:16	11:11	3	8:44	3	8:44	15.70	3:10:40	12:08	7	50:31	7	50:31
Schlüsie	4.00	40:58	10:14	7	14:18	7	14:18	19.70	3:51:38	11:45	7	1:04:31	7	1:04:31
Loddenke	3.20	33:38	10:30	7	12:22	7	12:22	22.90	4:25:16	11:35	7	1:13:25	7	1:13:25
Ilseburg/Markt	3.30	31:40	9:35	6	10:34	6	10:34	26.20	4:56:56	11:20	7	1:19:02	7	1:19:02