



41. Brockenlauf, 21. Ilsesteinlauf

Ilseburg / 03.09.2011

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Seemann-Block, Ilsemarie

□□: SV Langenstein

□□: 130

□□: 26.20 km

Brockenlauf

□□□□:

Frauen W50

□□□: 3:13:23

□□: 8.07 km/h

□□□□: 7:23 min/km

□□□□□/□□□: 306 (of 370)

□□□□□/□: 40 (of 53)

□□□□□□: 2:03:07

□□□□□: 4(of 4)

□□□□□□□: 2:51:51

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 21:50 | 6:36 | 2 | 0:10 | 36 | 7:31 | 3.30 | 21:50 | 6:36 | 4 | | | 14 | |
| Schlüsie | 3.10 | 25:12 | 8:07 | 4 | 2:18 | 40 | 9:09 | 6.40 | 47:02 | 7:20 | 4 | 1:07 | | 14 | |
| Hermannsklippe | 2.60 | 21:57 | 8:26 | 4 | 3:12 | 40 | 8:39 | 9.00 | 1:08:59 | 7:39 | 4 | 4:19 | | 14 | |
| Brocken | 3.10 | 36:59 | 11:55 | 4 | 2:50 | 40 | 14:33 | 12.10 | 1:45:58 | 8:45 | 4 | 7:09 | | 1 | - |
| Eiserner Handwe | 3.60 | 24:17 | 6:44 | 4 | 3:11 | 41 | 8:39 | 15.70 | 2:10:15 | 8:17 | 4 | 8:26 | | 14 | |
| Schlüsie | 4.00 | 21:02 | 5:15 | 4 | 2:26 | 39 | 6:10 | 19.70 | 2:31:17 | 7:40 | 4 | 10:52 | | 18 | 6:21 |
| Loddenke | 3.20 | 20:43 | 6:28 | 4 | 5:24 | 44 | 7:50 | 22.90 | 2:52:00 | 7:30 | 4 | 16:16 | | 1 | - |
| Ilseburg/Markt | 3.30 | 21:23 | 6:28 | 4 | 5:16 | 45 | 7:45 | 26.20 | 3:13:23 | 7:22 | 4 | 21:32 | | 40 | 1:10:16 |