



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

□□: 8.13 km/h

□□□□: 7:23 min/km

□□□□□/□□□: 306 (of 370)

□□□□□/□: 40 (of 53)

□□□□□□: 2:03:07

□□□□□: 4(of 4)

□□□□□□□: 2:51:51

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□□□	□□ km	□□ □□	□□ min/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