



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

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Wetzstein, Andreas

□□: Wildeshausen

□□: 319

□□: 26.20 km

Brockenlauf

□□□□:

Männer M45

□□□: 3:28:11

□□: 7.49 km/h

□□□□: 7:57 min/km

□□□□□/□□□: 340 (of 370)

□□□□□/□: 293 (of 317)

□□□□□□: 1:45:06

□□□□□: 70(of 74)

□□□□□□□: 2:01:21

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:15	6:44	67	7:57	272	9:13	3.30	22:15	6:44	20	2:31	288	9:12
Schlüsie	3.10	25:05	8:05	66	8:36	274	11:10	6.40	47:20	7:23	24	6:13	288	19:52
Hermannsklippe	2.60	24:18	9:20	70	10:17	298	12:36	9.00	1:11:38	7:57	24	12:06	288	32:06
Brocken	3.10	41:59	13:32	71	20:50	299	22:58	12.10	1:53:37	9:23	24	23:01	288	53:39
Eiserner Handwe	3.60	27:48	7:43	68	13:18	294	15:20	15.70	2:21:25	9:00	24	30:59	288	1:08:59
Schlüsie	4.00	fehlt!	-	-	-	-	-	19.70	-	-	-	-	-	-
Loddenke	3.20	43:25	13:34	69	31:31	290	33:01	22.90	3:04:50	8:04	24	37:27	288	1:30:47
Ilsenburg/Markt	3.30	23:21	7:04	64	10:41	276	12:18	26.20	3:28:11	7:56	70	1:26:50	293	1:43:05