



41. Brockenlauf, 21. Ilsesteinlauf

Ilsenburg / 03.09.2011

□□□□

Werner, Thomas

□□: Team Humbux.De

□□: 355

□□: 26.20 km

Brockenlauf

□□□□:

Männer M35

□□□: 3:43:47

□□: 7.02 km/h

□□□□: 8:32 min/km

□□□□□/□□□: 356 (of 370)

□□□□□/□: 307 (of 317)

□□□□□□: 1:45:06

□□□□□: 28(of 30)

□□□□□□□: 1:51:25

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 22:39 | 6:51 | 29 | 8:53 | 281 | 9:37 | 3.30 | 22:39 | 6:51 | 3 | 5:27 | 254 | 9:36 | |
| Schlüsie | 3.10 | 26:12 | 8:27 | 29 | 10:50 | 291 | 12:17 | 6.40 | 48:51 | 7:37 | 3 | 11:54 | 302 | 21:23 | |
| Hermannsklippe | 2.60 | 23:46 | 9:08 | 28 | 11:06 | 288 | 12:04 | 9.00 | 1:12:37 | 8:04 | 3 | 18:19 | 302 | 33:05 | |
| Brocken | 3.10 | 36:40 | 11:49 | 26 | 15:55 | 249 | 17:39 | 12.10 | 1:49:17 | 9:01 | 3 | 24:31 | 302 | 49:19 | |
| Eiserner Handwe | 3.60 | 27:04 | 7:31 | 29 | 13:50 | 291 | 14:36 | 15.70 | 2:16:21 | 8:41 | 2 | 29:56 | 302 | 1:03:55 | |
| Schlüsie | 4.00 | fehlt! | - | - | - | - | - | 19.70 | - | - | - | - | - | - | |
| Loddenke | 3.20 | 1:03:53 | 19:57 | 29 | 52:47 | 308 | 53:29 | 22.90 | 3:20:14 | 8:44 | 2 | 1:00:51 | 300 | 1:46:11 | |
| Ilsenburg/Markt | 3.30 | 23:33 | 7:08 | 26 | 11:19 | 280 | 12:30 | 26.20 | 3:43:47 | 8:32 | 28 | 1:52:22 | 307 | 1:58:41 | |