



42. Brockenlauf

Ilseburg / 01.09.2012

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Weinholz, Dieter

□□: SV Brenkhausen/Bosseborn
 □□: 419

□□: 26.20 km
 Brockenlauf

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 1:59:01

□□: 13.11 km/h
 □□□□: 4:32 min/km

□□□□□/□□□: 12 (of 426)

□□□□□/□: 12 (of 371)

□□□□□□: 1:42:20

□□□□□: 1(of 77)

□□□□□□□: 1:59:01

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 14:43 | 4:27 | 1 | - | 14 | 2:17 | 3.30 | 14:43 | 4:27 | 69 | - | - | 12 | 2:17 |
| Schlüsie | 3.10 | 16:25 | 5:17 | 2 | 0:01 | 21 | 2:59 | 6.40 | 31:08 | 4:51 | 69 | - | - | 12 | 5:16 |
| Hermannsklippe | 2.60 | 14:23 | 5:31 | 3 | 0:27 | 24 | 2:38 | 9.00 | 45:31 | 5:03 | 69 | - | - | 12 | 7:54 |
| Brocken | 3.10 | 21:55 | 7:04 | 1 | - | 13 | 3:49 | 12.10 | 1:07:26 | 5:34 | 69 | - | - | 12 | 11:43 |
| Eiserner Handwe | 3.60 | 14:23 | 3:59 | 2 | 0:23 | 18 | 2:25 | 15.70 | 1:21:49 | 5:12 | 69 | - | - | 12 | 13:26 |
| Schlüsie | 4.10 | 13:29 | 3:17 | 2 | 0:13 | 13 | 1:33 | 19.80 | 1:35:18 | 4:48 | 69 | - | - | 12 | 14:20 |
| Loddenke | 3.10 | 11:12 | 3:36 | 1 | - | 12 | 0:59 | 22.90 | 1:46:30 | 4:39 | 69 | - | - | 12 | 15:19 |
| Ilseburg/Markt | 3.30 | 12:31 | 3:47 | 1 | - | 13 | 1:22 | 26.20 | 1:59:01 | 4:32 | 1 | - | - | 12 | 16:41 |