



# 42. Brockenlauf

Ilseburg / 01.09.2012

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**Kruse, Andreas**

□□: Brockenlaufverein  
 □□: 70

□□: 26.20 km  
 Brockenlauf

□□□□:  
 Senioren M45 (45-49 Jahre)

□□□: 2:02:17

□□: 12.76 km/h  
 □□□□: 4:40 min/km

□□□□□/□□□□: 23 (of 426)

□□□□□/□: 23 (of 371)

□□□□□□: 1:42:20

□□□□□: 3(of 77)

□□□□□□□: 1:59:01

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□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 14:52    | 4:30         | 2       | 0:09    | 17      | 2:26    | 3.30  | 14:52     | 4:30          | 57      |         | 23      | 2:26    |
| Schlüsie        | 3.10     | 16:24    | 5:17         | 1       | -       | 20      | 2:58    | 6.40  | 31:16     | 4:53          | 57      |         | 23      | 5:24    |
| Hermannsklippe  | 2.60     | 14:10    | 5:26         | 2       | 0:14    | 21      | 2:25    | 9.00  | 45:26     | 5:02          | 57      |         | 23      | 7:49    |
| Brocken         | 3.10     | 22:58    | 7:24         | 2       | 1:03    | 19      | 4:52    | 12.10 | 1:08:24   | 5:39          | 57      |         | 23      | 12:41   |
| Eiserner Handwe | 3.60     | 14:48    | 4:06         | 7       | 0:48    | 33      | 2:50    | 15.70 | 1:23:12   | 5:17          | 57      |         | 23      | 14:49   |
| Schlüsie        | 4.10     | 13:58    | 3:24         | 5       | 0:42    | 28      | 2:02    | 19.80 | 1:37:10   | 4:54          | 57      |         | 23      | 16:12   |
| Loddenke        | 3.10     | 11:34    | 3:43         | 4       | 0:22    | 22      | 1:21    | 22.90 | 1:48:44   | 4:44          | 57      |         | 23      | 17:33   |
| Ilseburg/Markt  | 3.30     | 13:33    | 4:06         | 10      | 1:02    | 45      | 2:24    | 26.20 | 2:02:17   | 4:40          | 3       | 3:16    | 23      | 19:57   |