



42. Brockenlauf

Ilseburg / 01.09.2012

□□□□

Löhne, Ingolf

□□: TSV Geräteturnen Dresden
 □□: 406

□□: 26.20 km
 Brockenlauf

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 2:08:29

□□: 12.14 km/h
 □□□□: 4:54 min/km

□□□□□/□□□: 43 (of 426)

□□□□□/□: 43 (of 371)

□□□□□□: 1:42:20

□□□□□: 8(of 77)

□□□□□□□: 1:59:01

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 15:33 | 4:42 | 8 | 0:50 | 38 | 3:07 | 3.30 | 15:33 | 4:42 | 52 | - | 20 | 3:07 |
| Schlüsie | 3.10 | 17:15 | 5:33 | 9 | 0:51 | 44 | 3:49 | 6.40 | 32:48 | 5:07 | 52 | - | 43 | 6:56 |
| Hermannsklippe | 2.60 | 15:17 | 5:52 | 11 | 1:21 | 53 | 3:32 | 9.00 | 48:05 | 5:20 | 52 | - | 43 | 10:28 |
| Brocken | 3.10 | 24:38 | 7:56 | 9 | 2:43 | 62 | 6:32 | 12.10 | 1:12:43 | 6:00 | 40 | - | 43 | 17:00 |
| Eiserner Handwe | 3.60 | 14:35 | 4:03 | 5 | 0:35 | 25 | 2:37 | 15.70 | 1:27:18 | 5:33 | 52 | - | 43 | 18:55 |
| Schlüsie | 4.10 | 14:21 | 3:30 | 7 | 1:05 | 35 | 2:25 | 19.80 | 1:41:39 | 5:08 | 52 | - | 43 | 20:41 |
| Loddenke | 3.10 | 12:30 | 4:01 | 14 | 1:18 | 61 | 2:17 | 22.90 | 1:54:09 | 4:59 | 52 | - | 43 | 22:58 |
| Ilseburg/Markt | 3.30 | 14:20 | 4:20 | 20 | 1:49 | 100 | 3:11 | 26.20 | 2:08:29 | 4:54 | 8 | 9:28 | 43 | 26:09 |