



42. Brockenlauf

Ilseburg / 01.09.2012

□□□□

Heermann, Hans-Joachim

□□: SC-Lüchow
 □□: 413

□□: 26.20 km
 Brockenlauf

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 2:08:37

□□: 12.13 km/h
 □□□□: 4:55 min/km

□□□□□/□□□: 44 (of 426)

□□□□□/□: 44 (of 371)

□□□□□□: 1:42:20

□□□□□: 9(of 77)

□□□□□□□: 1:59:01

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 15:39 | 4:44 | 9 | 0:56 | 42 | 3:13 | 3.30 | 15:39 | 4:44 | 51 | - | 44 | 3:13 |
| Schlüsie | 3.10 | 17:11 | 5:32 | 8 | 0:47 | 42 | 3:45 | 6.40 | 32:50 | 5:07 | 51 | - | 33 | 6:58 |
| Hermannsklippe | 2.60 | 14:57 | 5:44 | 7 | 1:01 | 42 | 3:12 | 9.00 | 47:47 | 5:18 | 51 | - | 44 | 10:10 |
| Brocken | 3.10 | 24:18 | 7:50 | 8 | 2:23 | 51 | 6:12 | 12.10 | 1:12:05 | 5:57 | 51 | - | 44 | 16:22 |
| Eiserner Handwe | 3.60 | 15:43 | 4:21 | 11 | 1:43 | 57 | 3:45 | 15.70 | 1:27:48 | 5:35 | 51 | - | 44 | 19:25 |
| Schlüsie | 4.10 | 15:43 | 3:50 | 21 | 2:27 | 97 | 3:47 | 19.80 | 1:43:31 | 5:13 | 51 | - | 44 | 22:33 |
| Loddenke | 3.10 | 12:13 | 3:56 | 10 | 1:01 | 49 | 2:00 | 22.90 | 1:55:44 | 5:03 | 51 | - | 44 | 24:33 |
| Ilseburg/Markt | 3.30 | 12:53 | 3:54 | 3 | 0:22 | 22 | 1:44 | 26.20 | 2:08:37 | 4:54 | 9 | 9:36 | 44 | 26:17 |