



# 42. Brockenlauf

Ilseburg / 01.09.2012

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**Herbig, Sven**

□□: Marathonclub Walsrode  
 □□: 265

□□: 26.20 km  
 Brockenlauf

□□□□:  
 Senioren M40 (40-44 Jahre)

□□□: 2:10:16

□□: 11.98 km/h  
 □□□□: 4:58 min/km

□□□□□/□□□□: 53 (of 426)

□□□□□/□: 52 (of 371)

□□□□□□: 1:42:20

□□□□□: 6(of 58)

□□□□□□□: 1:45:17

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	15:25	4:40	5	2:53	32	2:59	3.30	15:25	4:40	34	-	25	2:59
Schlüsie	3.10	17:31	5:39	10	3:25	58	4:05	6.40	32:56	5:08	35	-	40	7:04
Hermannsklippe	2.60	16:11	6:13	15	3:42	101	4:26	9.00	49:07	5:27	35	-	53	11:30
Brocken	3.10	26:27	8:31	17	6:28	108	8:21	12.10	1:15:34	6:14	35	-	53	19:51
Eiserner Handwe	3.60	14:04	3:54	4	2:06	13	2:06	15.70	1:29:38	5:42	35	-	53	21:15
Schlüsie	4.10	13:56	3:23	3	2:00	25	2:00	19.80	1:43:34	5:13	35	-	53	22:36
Loddenke	3.10	12:36	4:03	12	2:10	67	2:23	22.90	1:56:10	5:04	35	-	53	24:59
Ilseburg/Markt	3.30	14:06	4:16	12	2:20	86	2:57	26.20	2:10:16	4:58	6	24:59	52	27:56