



# 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

□□: 12.07 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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| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| 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   |