



42. Brockenlauf

Ilseburg / 01.09.2012

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Timmermann, Dirk

□□: SV Blau Weiß Petershagen/Eggersdorf
 □□: 198

□□: 26.20 km
 Brockenlauf

□□□□:
 Senioren M40 (40-44 Jahre)

□□□: 2:10:32

□□: 11.95 km/h
 □□□□: 4:59 min/km

□□□□□/□□□: 56 (of 426)

□□□□□/□: 55 (of 371)

□□□□□□: 1:42:20

□□□□□: 7(of 58)

□□□□□□□: 1:45:17

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	16:21	4:57	11	3:49	67	3:55	3.30	16:21	4:57	36	-	28	3:55
Schlüsie	3.10	17:03	5:30	6	2:57	39	3:37	6.40	33:24	5:13	36	-	54	7:32
Hermannsklippe	2.60	14:43	5:39	4	2:14	33	2:58	9.00	48:07	5:20	36	-	54	10:30
Brocken	3.10	24:06	7:46	6	4:07	48	6:00	12.10	1:12:13	5:58	36	-	54	16:30
Eiserner Handwe	3.60	15:41	4:21	9	3:43	56	3:43	15.70	1:27:54	5:35	36	-	54	19:31
Schlüsie	4.10	15:17	3:43	11	3:21	73	3:21	19.80	1:43:11	5:12	36	-	54	22:13
Loddenke	3.10	12:52	4:09	16	2:26	93	2:39	22.90	1:56:03	5:04	36	-	54	24:52
Ilseburg/Markt	3.30	14:29	4:23	17	2:43	109	3:20	26.20	2:10:32	4:58	7	25:15	55	28:12