



42. Brockenlauf

Ilseburg / 01.09.2012

□□□□

Thomas, Bernd

□□: MSV Eintracht Halberstadt
 □□: 357

□□: 26.20 km
 Brockenlauf

□□□□:
 Senioren M50 (50-54 Jahre)

□□□: 2:10:57

□□: 11.91 km/h
 □□□□: 5:00 min/km

□□□□□/□□□: 58 (of 426)

□□□□□/□: 56 (of 371)

□□□□□□: 1:42:20

□□□□□: 3(of 57)

□□□□□□□: 2:05:19

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 15:38 | 4:44 | 1 | - | 41 | 3:12 | 3.30 | 15:38 | 4:44 | 32 | - | 56 | 3:12 |
| Schlüsie | 3.10 | 17:47 | 5:44 | 4 | 0:20 | 76 | 4:21 | 6.40 | 33:25 | 5:13 | 32 | - | 56 | 7:33 |
| Hermannsklippe | 2.60 | 15:38 | 6:00 | 4 | 0:38 | 69 | 3:53 | 9.00 | 49:03 | 5:26 | 32 | - | 56 | 11:26 |
| Brocken | 3.10 | 26:54 | 8:40 | 15 | 2:54 | 127 | 8:48 | 12.10 | 1:15:57 | 6:16 | 32 | - | 56 | 20:14 |
| Eiserner Handwe | 3.60 | 14:38 | 4:03 | 2 | 0:10 | 26 | 2:40 | 15.70 | 1:30:35 | 5:46 | 32 | - | 56 | 22:12 |
| Schlüsie | 4.10 | 13:59 | 3:24 | 3 | 0:21 | 29 | 2:03 | 19.80 | 1:44:34 | 5:16 | 32 | - | 56 | 23:36 |
| Loddenke | 3.10 | 12:19 | 3:58 | 3 | 0:47 | 52 | 2:06 | 22.90 | 1:56:53 | 5:06 | 32 | - | 56 | 25:42 |
| Ilseburg/Markt | 3.30 | 14:04 | 4:15 | 10 | 1:08 | 84 | 2:55 | 26.20 | 2:10:57 | 4:59 | 3 | 5:38 | 56 | 28:37 |