



42. Brockenlauf

Ilseburg / 01.09.2012

□□□□

Helmer, Malte

□□: S.C. Saaletal
 □□: 167

□□: 26.20 km
 Brockenlauf

□□□□:
 Männer (20-29 Jahre)

□□□: 2:14:11

□□: 11.63 km/h
 □□□□: 5:07 min/km

□□□□□/□□□□: 78 (of 426)

□□□□□/□: 76 (of 371)

□□□□□□: 1:42:20

□□□□□: 19(of 37)

□□□□□□□: 1:42:20

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 15:33 | 4:42 | 11 | 3:07 | 38 | 3:07 | 3.30 | 15:33 | 4:42 | 11 | | | 20 | 3:07 |
| Schlüsie | 3.10 | 17:20 | 5:35 | 16 | 3:54 | 47 | 3:54 | 6.40 | 32:53 | 5:08 | 11 | | | 76 | 7:01 |
| Hermannsklippe | 2.60 | 15:13 | 5:51 | 16 | 3:28 | 49 | 3:28 | 9.00 | 48:06 | 5:20 | 11 | | | 76 | 10:29 |
| Brocken | 3.10 | 25:51 | 8:20 | 17 | 7:45 | 86 | 7:45 | 12.10 | 1:13:57 | 6:06 | 11 | | | 76 | 18:14 |
| Eiserner Handwe | 3.60 | 16:06 | 4:28 | 15 | 3:26 | 76 | 4:08 | 15.70 | 1:30:03 | 5:44 | 11 | | | 76 | 21:40 |
| Schlüsie | 4.10 | 14:47 | 3:36 | 11 | 2:12 | 54 | 2:51 | 19.80 | 1:44:50 | 5:17 | 11 | | | 76 | 23:52 |
| Loddenke | 3.10 | 13:11 | 4:15 | 22 | 2:58 | 116 | 2:58 | 22.90 | 1:58:01 | 5:09 | 11 | | | 76 | 26:50 |
| Ilseburg/Markt | 3.30 | 16:10 | 4:53 | 31 | 5:01 | 217 | 5:01 | 26.20 | 2:14:11 | 5:07 | 19 | 31:51 | | 76 | 31:51 |