



# 42. Brockenlauf

Ilseburg / 01.09.2012

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**Wulf, Martin**

□□: SV Brenkhausen/Bosseborn  
 □□: 418

□□: 26.20 km  
 Brockenlauf

□□□□:  
 Senioren M50 (50-54 Jahre)

□□□: 2:15:08

□□: 11.54 km/h  
 □□□□: 5:10 min/km

□□□□□/□□□□: 84 (of 426)

□□□□□/□: 82 (of 371)

□□□□□□: 1:42:20

□□□□□: 5(of 57)

□□□□□□□: 2:05:19

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□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 16:26    | 4:58         | 5       | 0:48    | 76      | 4:00    | 3.30  | 16:26     | 4:58      | 34            | -       | -       | 82      | 4:00    |
| Schlüsie        | 3.10     | 17:47    | 5:44         | 4       | 0:20    | 76      | 4:21    | 6.40  | 34:13     | 5:20      | 34            | -       | -       | 82      | 8:21    |
| Hermannsklippe  | 2.60     | 16:05    | 6:11         | 9       | 1:05    | 93      | 4:20    | 9.00  | 50:18     | 5:35      | 34            | -       | -       | 82      | 12:41   |
| Brocken         | 3.10     | 26:24    | 8:30         | 10      | 2:24    | 106     | 8:18    | 12.10 | 1:16:42   | 6:20      | 34            | -       | -       | 70      | 20:59   |
| Eiserner Handwe | 3.60     | 15:50    | 4:23         | 5       | 1:22    | 64      | 3:52    | 15.70 | 1:32:32   | 5:53      | 34            | -       | -       | 82      | 24:09   |
| Schlüsie        | 4.10     | 15:26    | 3:45         | 6       | 1:48    | 80      | 3:30    | 19.80 | 1:47:58   | 5:27      | 34            | -       | -       | 82      | 27:00   |
| Loddenke        | 3.10     | 12:56    | 4:10         | 13      | 1:24    | 99      | 2:43    | 22.90 | 2:00:54   | 5:16      | 34            | -       | -       | 82      | 29:43   |
| Ilseburg/Markt  | 3.30     | 14:14    | 4:18         | 12      | 1:18    | 94      | 3:05    | 26.20 | 2:15:08   | 5:09      | 5             | 9:49    | -       | 82      | 32:48   |