



# 42. Brockenlauf

Ilseburg / 01.09.2012

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**Lüdtke, Mathias**

□□: fettleibige Ballenstedter

□□: 258

□□: 26.20 km

Brockenlauf

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 2:15:14

□□: 11.54 km/h

□□□□: 5:10 min/km

□□□□□/□□□: 85 (of 426)

□□□□□/□: 83 (of 371)

□□□□□□: 1:42:20

□□□□□: 15(of 77)

□□□□□□□: 1:59:01

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 18:07    | 5:29         | 34      | 3:24    | 153     | 5:41    | 3.30  | 18:07     | 5:29          | 45      | -       | 83      | 5:41    |
| Schlüsie        | 3.10     | 18:22    | 5:55         | 21      | 1:58    | 103     | 4:56    | 6.40  | 36:29     | 5:42          | 45      | -       | 83      | 10:37   |
| Hermannsklippe  | 2.60     | 16:04    | 6:10         | 18      | 2:08    | 90      | 4:19    | 9.00  | 52:33     | 5:50          | 45      | -       | 83      | 14:56   |
| Brocken         | 3.10     | 25:38    | 8:16         | 18      | 3:43    | 82      | 7:32    | 12.10 | 1:18:11   | 6:27          | 45      | -       | 83      | 22:28   |
| Eiserner Handwe | 3.60     | 15:51    | 4:24         | 15      | 1:51    | 66      | 3:53    | 15.70 | 1:34:02   | 5:59          | 45      | -       | 83      | 25:39   |
| Schlüsie        | 4.10     | 14:46    | 3:36         | 10      | 1:30    | 53      | 2:50    | 19.80 | 1:48:48   | 5:29          | 45      | -       | 83      | 27:50   |
| Loddenke        | 3.10     | 12:37    | 4:04         | 15      | 1:25    | 68      | 2:24    | 22.90 | 2:01:25   | 5:18          | 42      | -       | 78      | 30:14   |
| Ilseburg/Markt  | 3.30     | 13:49    | 4:11         | 14      | 1:18    | 66      | 2:40    | 26.20 | 2:15:14   | 5:09          | 15      | 16:13   | 83      | 32:54   |