



# 42. Brockenlauf

Ilseburg / 01.09.2012

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**Kresse, Mathias**

□□: Nixtun kann Jeder

□□: 201

□□: 26.20 km

Brockenlauf

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 2:15:26

□□: 11.52 km/h

□□□□: 5:10 min/km

□□□□□/□□□: 89 (of 426)

□□□□□/□: 87 (of 371)

□□□□□□: 1:42:20

□□□□□: 18(of 77)

□□□□□□□: 1:59:01

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□     | □□□  | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|---------|------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 16:59    | 5:08         | 22      | 2:16    | 103     | 4:33    | 3.30  | 16:59   | 5:08 | 42      | -       | 87      | 4:33    |
| Schlüsie        | 3.10     | 18:23    | 5:55         | 22      | 1:59    | 104     | 4:57    | 6.40  | 35:22   | 5:31 | 42      | -       | 87      | 9:30    |
| Hermannsklippe  | 2.60     | 16:34    | 6:22         | 24      | 2:38    | 118     | 4:49    | 9.00  | 51:56   | 5:46 | 42      | -       | 87      | 14:19   |
| Brocken         | 3.10     | 26:39    | 8:35         | 25      | 4:44    | 114     | 8:33    | 12.10 | 1:18:35 | 6:29 | 42      | -       | 87      | 22:52   |
| Eiserner Handwe | 3.60     | 15:43    | 4:21         | 11      | 1:43    | 57      | 3:45    | 15.70 | 1:34:18 | 6:00 | 42      | -       | 87      | 25:55   |
| Schlüsie        | 4.10     | 14:28    | 3:31         | 8       | 1:12    | 42      | 2:32    | 19.80 | 1:48:46 | 5:29 | 42      | -       | 87      | 27:48   |
| Loddenke        | 3.10     | 12:39    | 4:04         | 16      | 1:27    | 70      | 2:26    | 22.90 | 2:01:25 | 5:18 | 42      | -       | 78      | 30:14   |
| Ilseburg/Markt  | 3.30     | 14:01    | 4:14         | 17      | 1:30    | 80      | 2:52    | 26.20 | 2:15:26 | 5:10 | 18      | 16:25   | 87      | 33:06   |