



42. Brockenlauf

Ilseburg / 01.09.2012

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Spiekermann, Peter

□□: SC Melle
 □□: 1

□□: 26.20 km
 Brockenlauf

□□□□:
 Senioren M55 (55-59 Jahre)

□□□: 2:25:39

□□: 10.71 km/h
 □□□□: 5:34 min/km

□□□□□/□□□: 152 (of 426)

□□□□□/□: 144 (of 371)

□□□□□□: 1:42:20

□□□□□: 8(of 26)

□□□□□□□: 2:07:09

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 19:57 | 6:02 | 15 | 3:52 | 267 | 7:31 | 3.30 | 19:57 | 6:02 | 20 | 0:20 | 144 | 7:31 |
| Schlüsie | 3.10 | 20:09 | 6:29 | 10 | 2:48 | 186 | 6:43 | 6.40 | 40:06 | 6:15 | 20 | 0:22 | 144 | 14:14 |
| Hermannsklippe | 2.60 | 16:54 | 6:29 | 6 | 1:39 | 130 | 5:09 | 9.00 | 57:00 | 6:19 | 20 | | 144 | 19:23 |
| Brocken | 3.10 | 26:51 | 8:39 | 5 | 2:01 | 125 | 8:45 | 12.10 | 1:23:51 | 6:55 | 20 | | 144 | 28:08 |
| Eiserner Handwe | 3.60 | 17:31 | 4:51 | 10 | 2:34 | 140 | 5:33 | 15.70 | 1:41:22 | 6:27 | 20 | | 144 | 32:59 |
| Schlüsie | 4.10 | 15:56 | 3:53 | 6 | 2:01 | 109 | 4:00 | 19.80 | 1:57:18 | 5:55 | 20 | | 144 | 36:20 |
| Loddenke | 3.10 | 13:17 | 4:17 | 5 | 1:46 | 125 | 3:04 | 22.90 | 2:10:35 | 5:42 | 20 | | 144 | 39:24 |
| Ilseburg/Markt | 3.30 | 15:04 | 4:33 | 6 | 1:57 | 144 | 3:55 | 26.20 | 2:25:39 | 5:33 | 8 | 18:30 | 144 | 43:19 |