



42. Brockenlauf

Ilseburg / 01.09.2012

□□□□

Weber, Steffen

□□: Pesterwitz
 □□: 154

□□: 26.20 km
 Brockenlauf

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 2:26:48

□□: 10.63 km/h
 □□□□: 5:36 min/km

□□□□□/□□□: 160 (of 426)

□□□□□/□: 151 (of 371)

□□□□□□: 1:42:20

□□□□□: 31(of 77)

□□□□□□□: 1:59:01

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 17:18 | 5:14 | 24 | 2:35 | 123 | 4:52 | 3.30 | 17:18 | 5:14 | 67 | - | 151 | 4:52 |
| Schlüsie | 3.10 | 19:51 | 6:24 | 33 | 3:27 | 168 | 6:25 | 6.40 | 37:09 | 5:48 | 67 | - | 151 | 11:17 |
| Hermannsklippe | 2.60 | 17:54 | 6:53 | 39 | 3:58 | 189 | 6:09 | 9.00 | 55:03 | 6:06 | 67 | - | 151 | 17:26 |
| Brocken | 3.10 | 28:41 | 9:15 | 34 | 6:46 | 170 | 10:35 | 12.10 | 1:23:44 | 6:55 | 67 | - | 151 | 28:01 |
| Eiserner Handwe | 3.60 | 16:51 | 4:40 | 24 | 2:51 | 114 | 4:53 | 15.70 | 1:40:35 | 6:24 | 67 | - | 151 | 32:12 |
| Schlüsie | 4.10 | 16:18 | 3:58 | 27 | 3:02 | 131 | 4:22 | 19.80 | 1:56:53 | 5:54 | 67 | - | 151 | 35:55 |
| Loddenke | 3.10 | 14:21 | 4:37 | 41 | 3:09 | 193 | 4:08 | 22.90 | 2:11:14 | 5:43 | 67 | - | 151 | 40:03 |
| Ilseburg/Markt | 3.30 | 15:34 | 4:43 | 37 | 3:03 | 180 | 4:25 | 26.20 | 2:26:48 | 5:36 | 31 | 27:47 | 151 | 44:28 |