



42. Brockenlauf

Ilseburg / 01.09.2012

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Hirschfeld, Mattias

□□: Ruderclub Eilenburg

□□: 113

□□: 26.20 km

Brockenlauf

□□□□:

Senioren M30 (30-34 Jahre)

□□□: 2:29:44

□□: 10.42 km/h

□□□□: 5:43 min/km

□□□□□/□□□: 180 (of 426)

□□□□□/□: 170 (of 371)

□□□□□□: 1:42:20

□□□□□: 17(of 28)

□□□□□□□: 1:53:46

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 17:08 | 5:11 | 11 | 3:01 | 111 | 4:42 | 3.30 | 17:08 | 5:11 | 13 | 0:07 | 58 | 4:42 | |
| Schlüsie | 3.10 | 19:25 | 6:15 | 16 | 3:48 | 151 | 5:59 | 6.40 | 36:33 | 5:42 | 13 | 0:36 | 170 | 10:41 | |
| Hermannsklippe | 2.60 | 18:30 | 7:06 | 24 | 4:58 | 219 | 6:45 | 9.00 | 55:03 | 6:06 | 13 | 2:05 | 151 | 17:26 | |
| Brocken | 3.10 | 29:42 | 9:34 | 21 | 8:58 | 207 | 11:36 | 12.10 | 1:24:45 | 7:00 | 13 | 2:38 | 170 | 29:02 | |
| Eiserner Handwe | 3.60 | 17:51 | 4:57 | 14 | 4:38 | 162 | 5:53 | 15.70 | 1:42:36 | 6:32 | 13 | 1:53 | 170 | 34:13 | |
| Schlüsie | 4.10 | 16:57 | 4:08 | 15 | 4:17 | 168 | 5:01 | 19.80 | 1:59:33 | 6:02 | 13 | 2:00 | 170 | 38:35 | |
| Loddenke | 3.10 | 14:34 | 4:41 | 17 | 3:43 | 207 | 4:21 | 22.90 | 2:14:07 | 5:51 | 13 | 2:18 | 170 | 42:56 | |
| Ilseburg/Markt | 3.30 | 15:37 | 4:43 | 16 | 3:45 | 188 | 4:28 | 26.20 | 2:29:44 | 5:42 | 17 | 35:58 | 170 | 47:24 | |