



# 42. Brockenlauf

Ilseburg / 01.09.2012

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## Bruns, Wolfgang

□□: Goslar  
 □□: 242

□□: 26.20 km  
 Brockenlauf

□□□□:  
 Senioren M50 (50-54 Jahre)

□□□: 2:29:47

□□: 10.42 km/h  
 □□□□: 5:43 min/km

□□□□□/□□□: 181 (of 426)

□□□□□/□: 171 (of 371)

□□□□□□: 1:42:20

□□□□□: 20(of 57)

□□□□□□□: 2:05:19

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 19:22    | 5:52         | 32      | 3:44    | 211     | 6:56    | 3.30      | 19:22     | 5:52          | 49      | -       | 171     | 6:56    |
| Schlüsie        | 3.10     | 20:07    | 6:29         | 25      | 2:40    | 182     | 6:41    | 6.40      | 39:29     | 6:10          | 49      | -       | 171     | 13:37   |
| Hermannsklippe  | 2.60     | 17:49    | 6:51         | 26      | 2:49    | 181     | 6:04    | 9.00      | 57:18     | 6:21          | 49      | -       | 171     | 19:41   |
| Brocken         | 3.10     | 31:02    | 10:00        | 38      | 7:02    | 246     | 12:56   | 12.10     | 1:28:20   | 7:18          | 49      | -       | 171     | 32:37   |
| Eiserner Handwe | 3.60     | 18:53    | 5:14         | 26      | 4:25    | 211     | 6:55    | 15.70     | 1:47:13   | 6:49          | 49      | -       | 171     | 38:50   |
| Schlüsie        | 4.10     | 15:54    | 3:52         | 10      | 2:16    | 106     | 3:58    | 19.80     | 2:03:07   | 6:13          | 49      | -       | 171     | 42:09   |
| Loddenke        | 3.10     | 12:43    | 4:06         | 6       | 1:11    | 80      | 2:30    | 22.90     | 2:15:50   | 5:55          | 49      | -       | 171     | 44:39   |
| Ilseburg/Markt  | 3.30     | 13:57    | 4:13         | 8       | 1:01    | 77      | 2:48    | 26.20     | 2:29:47   | 5:43          | 20      | 24:28   | 171     | 47:27   |