



42. Brockenlauf

Ilseburg / 01.09.2012

□□□□

Schroeder-Uter, Lars

□□: TSV Tinum 66

□□: 46

□□: 26.20 km

Brockenlauf

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 2:31:34

□□: 10.29 km/h

□□□□: 5:47 min/km

□□□□□/□□□: 196 (of 426)

□□□□□/□: 186 (of 371)

□□□□□□: 1:42:20

□□□□□: 30(of 58)

□□□□□□□: 1:45:17

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 17:10 | 5:12 | 22 | 4:38 | 116 | 4:44 | 3.30 | 17:10 | 5:12 | 16 | - | 130 | 4:44 |
| Schlüsie | 3.10 | 19:58 | 6:26 | 30 | 5:52 | 173 | 6:32 | 6.40 | 37:08 | 5:48 | 16 | - | 186 | 11:16 |
| Hermannsklippe | 2.60 | 17:52 | 6:52 | 29 | 5:23 | 185 | 6:07 | 9.00 | 55:00 | 6:06 | 16 | - | 186 | 17:23 |
| Brocken | 3.10 | 30:18 | 9:46 | 39 | 10:19 | 221 | 12:12 | 12.10 | 1:25:18 | 7:02 | 16 | - | 186 | 29:35 |
| Eiserner Handwe | 3.60 | 18:10 | 5:02 | 31 | 6:12 | 175 | 6:12 | 15.70 | 1:43:28 | 6:35 | 16 | - | 186 | 35:05 |
| Schlüsie | 4.10 | 17:40 | 4:18 | 34 | 5:44 | 202 | 5:44 | 19.80 | 2:01:08 | 6:07 | 16 | - | 186 | 40:10 |
| Loddenke | 3.10 | 14:58 | 4:49 | 39 | 4:32 | 231 | 4:45 | 22.90 | 2:16:06 | 5:56 | 16 | - | 186 | 44:55 |
| Ilseburg/Markt | 3.30 | 15:28 | 4:41 | 30 | 3:42 | 176 | 4:19 | 26.20 | 2:31:34 | 5:47 | 30 | 46:17 | 186 | 49:14 |