



42. Brockenlauf

Ilseburg / 01.09.2012

□□□□

Gastmann, Andreas

□□: TuS Bothfeld/Hannover
 □□: 339

□□: 26.20 km
 Brockenlauf

□□□□:
 Senioren M40 (40-44 Jahre)

□□□: 2:42:32

□□: 9.60 km/h
 □□□□: 6:12 min/km

□□□□□/□□□: 276 (of 426)

□□□□□/□: 253 (of 371)

□□□□□□: 1:42:20

□□□□□: 42(of 58)

□□□□□□□: 1:45:17

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 19:43 | 5:58 | 43 | 7:11 | 242 | 7:17 | 3.30 | 19:43 | 5:58 | 13 | - | 252 | 7:17 |
| Schlüsie | 3.10 | 20:49 | 6:42 | 39 | 6:43 | 231 | 7:23 | 6.40 | 40:32 | 6:19 | 13 | - | 252 | 14:40 |
| Hermannsklippe | 2.60 | 18:27 | 7:05 | 34 | 5:58 | 217 | 6:42 | 9.00 | 58:59 | 6:33 | 13 | - | 252 | 21:22 |
| Brocken | 3.10 | 29:10 | 9:24 | 32 | 9:11 | 191 | 11:04 | 12.10 | 1:28:09 | 7:17 | 13 | - | 252 | 32:26 |
| Eiserner Handwe | 3.60 | 20:24 | 5:39 | 43 | 8:26 | 265 | 8:26 | 15.70 | 1:48:33 | 6:54 | 13 | - | 252 | 40:10 |
| Schlüsie | 4.10 | 20:16 | 4:56 | 48 | 8:20 | 292 | 8:20 | 19.80 | 2:08:49 | 6:30 | 13 | - | 252 | 47:51 |
| Loddenke | 3.10 | 16:26 | 5:18 | 49 | 6:00 | 298 | 6:13 | 22.90 | 2:25:15 | 6:20 | 13 | - | 252 | 54:04 |
| Ilseburg/Markt | 3.30 | 17:17 | 5:14 | 46 | 5:31 | 283 | 6:08 | 26.20 | 2:42:32 | 6:12 | 42 | 57:15 | 253 | 1:00:12 |