



42. Brockenlauf

Ilseburg / 01.09.2012

□□□□

Fritsche, Rainer

□□: Wernigerode
 □□: 302

□□: 26.20 km
 Brockenlauf

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 2:44:23

□□: 9.56 km/h
 □□□□: 6:16 min/km

□□□□□/□□□: 285 (of 426)

□□□□□/□: 260 (of 371)

□□□□□□: 1:42:20

□□□□□: 53(of 77)

□□□□□□□: 1:59:01

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 19:50 | 6:00 | 56 | 5:07 | 256 | 7:24 | 3.30 | 19:50 | 6:00 | 7 | 1:40 | 259 | 7:24 | |
| Schlüsie | 3.10 | 21:41 | 6:59 | 59 | 5:17 | 275 | 8:15 | 6.40 | 41:31 | 6:29 | 3 | 1:24 | 259 | 15:39 | |
| Hermannsklippe | 2.60 | 20:03 | 7:42 | 57 | 6:07 | 285 | 8:18 | 9.00 | 1:01:34 | 6:50 | 7 | 1:20 | 259 | 23:57 | |
| Brocken | 3.10 | 32:15 | 10:24 | 55 | 10:20 | 280 | 14:09 | 12.10 | 1:33:49 | 7:45 | 7 | 0:06 | 259 | 38:06 | |
| Eiserner Handwe | 3.60 | 18:52 | 5:14 | 48 | 4:52 | 210 | 6:54 | 15.70 | 1:52:41 | 7:10 | 7 | 0:35 | 259 | 44:18 | |
| Schlüsie | 4.10 | 18:18 | 4:27 | 46 | 5:02 | 227 | 6:22 | 19.80 | 2:10:59 | 6:36 | 7 | 1:31 | 259 | 50:01 | |
| Loddenke | 3.10 | 16:45 | 5:24 | 66 | 5:33 | 310 | 6:32 | 22.90 | 2:27:44 | 6:27 | 7 | 3:52 | 259 | 56:33 | |
| Ilseburg/Markt | 3.30 | 16:39 | 5:02 | 54 | 4:08 | 246 | 5:30 | 26.20 | 2:44:23 | 6:16 | 53 | 45:22 | 260 | 1:02:03 | |