



42. Brockenlauf
Ilseburg / 01.09.2012

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Wetzstein, Uwe

□□□: 2:45:21

□□: 424

□□: 9.43 km/h

□□□□: 6:19 min/km

□□: 26.20 km

□□□□□/□□□: 292 (of 426)

Brockenlauf

□□□□□/□: 267 (of 371)

□□□□□□: 1:42:20

□□□□:

□□□□□: 15(of 26)

Senioren M55 (55-59 Jahre)

□□□□□□□: 2:07:09

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 21:12 | 6:25 | 21 | 5:07 | 315 | 8:46 | 3.30 | 21:12 | 6:25 | 13 | 1:35 | 251 | 8:46 | |
| Schlüsie | 3.10 | 21:38 | 6:58 | 13 | 4:17 | 268 | 8:12 | 6.40 | 42:50 | 6:41 | 13 | 3:06 | 251 | 16:58 | |
| Hermannsklippe | 2.60 | 19:37 | 7:32 | 13 | 4:22 | 269 | 7:52 | 9.00 | 1:02:27 | 6:56 | 13 | 4:44 | 267 | 24:50 | |
| Brocken | 3.10 | 31:07 | 10:02 | 14 | 6:17 | 249 | 13:01 | 12.10 | 1:33:34 | 7:43 | 13 | 4:57 | 267 | 37:51 | |
| Eiserner Handwe | 3.60 | 20:13 | 5:36 | 17 | 5:16 | 261 | 8:15 | 15.70 | 1:53:47 | 7:14 | 13 | 6:12 | 267 | 45:24 | |
| Schlüsie | 4.10 | 19:41 | 4:48 | 15 | 5:46 | 274 | 7:45 | 19.80 | 2:13:28 | 6:44 | 13 | 6:00 | 267 | 52:30 | |
| Loddenke | 3.10 | 15:17 | 4:55 | 14 | 3:46 | 249 | 5:04 | 22.90 | 2:28:45 | 6:29 | 13 | 4:54 | 267 | 57:34 | |
| Ilseburg/Markt | 3.30 | 16:36 | 5:01 | 12 | 3:29 | 240 | 5:27 | 26.20 | 2:45:21 | 6:18 | 15 | 38:12 | 267 | 1:03:01 | |