



42. Brockenlauf

Ilseburg / 01.09.2012

□□□□

Post, Cornelia

□□: Rodenberg

□□: 287

□□: 26.20 km

Brockenlauf

□□□□:

Seniorinnen W50 (50-54 Jahre)

□□□: 2:45:41

□□: 9.42 km/h

□□□□: 6:19 min/km

□□□□□/□□□□: 294 (of 426)

□□□□□/□: 26 (of 55)

□□□□□□: 2:09:06

□□□□□: 5(of 10)

□□□□□□□: 2:16:44

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:49	6:36	7	5:16	41	6:24	3.30	21:49	6:36	5	5:16	54		
Schlüsie	3.10	20:59	6:46	4	3:03	24	3:46	6.40	42:48	6:41	5	8:19	54		
Hermannsklippe	2.60	18:48	7:13	3	2:42	17	3:11	9.00	1:01:36	6:50	5	11:01	54		
Brocken	3.10	31:01	10:00	4	4:51	18	6:32	12.10	1:32:37	7:39	5	15:52	53		
Eiserner Handwe	3.60	20:27	5:40	6	4:07	30	5:47	15.70	1:53:04	7:12	5	19:59	53		
Schlüsie	4.10	20:10	4:55	6	4:01	38	5:48	19.80	2:13:14	6:43	5	24:00	54		
Loddenke	3.10	15:27	4:59	5	2:17	31	6:07	22.90	2:28:41	6:29	5	26:17	54		
Ilseburg/Markt	3.30	17:00	5:09	5	2:40	29	3:31	26.20	2:45:41	6:19	5	28:57	26	36:35	