



# 42. Brockenlauf

Ilseburg / 01.09.2012

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Zennecke, Bernd

□□: Nordhausen

□□: 223

□□: 26.20 km

Brockenlauf

□□□□:

Senioren M60 (60-64 Jahre)

□□□: 2:46:05

□□: 9.39 km/h

□□□□: 6:20 min/km

□□□□□/□□□: 296 (of 426)

□□□□□/□: 269 (of 371)

□□□□□□: 1:42:20

□□□□□: 7(of 21)

□□□□□□□: 2:17:19

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□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 21:57    | 6:39         | 17      | 5:28    | 340     | 9:31    | 3.30  | 21:57     | 6:39      | 16            | 0:45    | 269     | 9:31    |         |
| Schlüsie        | 3.10     | 21:52    | 7:03         | 9       | 3:38    | 286     | 8:26    | 6.40  | 43:49     | 6:50      | 16            | 0:49    | 269     | 17:57   |         |
| Hermannsklippe  | 2.60     | 19:05    | 7:20         | 6       | 2:53    | 241     | 7:20    | 9.00  | 1:02:54   | 6:59      | 16            | 0:06    | 269     | 25:17   |         |
| Brocken         | 3.10     | 30:48    | 9:56         | 7       | 4:39    | 240     | 12:42   | 12.10 | 1:33:42   | 7:44      | 16            |         | 269     | 37:59   |         |
| Eiserner Handwe | 3.60     | 20:52    | 5:47         | 10      | 4:18    | 283     | 8:54    | 15.70 | 1:54:34   | 7:17      | 16            |         | 269     | 46:11   |         |
| Schlüsie        | 4.10     | 18:41    | 4:33         | 6       | 3:03    | 246     | 6:45    | 19.80 | 2:13:15   | 6:43      | 16            |         | 269     | 52:17   |         |
| Loddenke        | 3.10     | 15:41    | 5:03         | 9       | 2:42    | 273     | 5:28    | 22.90 | 2:28:56   | 6:30      | 16            |         | 269     | 57:45   |         |
| Ilseburg/Markt  | 3.30     | 17:09    | 5:11         | 13      | 2:23    | 280     | 6:00    | 26.20 | 2:46:05   | 6:20      | 7             | 28:46   | 269     | 1:03:45 |         |