



# 42. Brockenlauf

Ilseburg / 01.09.2012

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**Hardrath, Nico**

□□: Hamburg  
 □□: 50

□□: 26.20 km  
 Brockenlauf

□□□□:  
 Senioren M30 (30-34 Jahre)

□□□: 2:48:48

□□: 9.24 km/h  
 □□□□: 6:26 min/km

□□□□□/□□□: 312 (of 426)

□□□□□/□: 280 (of 371)

□□□□□□: 1:42:20

□□□□□: 27(of 28)

□□□□□□□: 1:53:46

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□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 19:52    | 6:01         | 24      | 5:45    | 258     | 7:26    | 3.30  | 19:52     | 6:01          | 3       | 2:51    | 280     | 7:26    |
| Schlüsie        | 3.10     | 21:16    | 6:51         | 26      | 5:39    | 256     | 7:50    | 6.40  | 41:08     | 6:25          | 3       | 5:11    | 280     | 15:16   |
| Hermannsklippe  | 2.60     | 19:23    | 7:27         | 26      | 5:51    | 258     | 7:38    | 9.00  | 1:00:31   | 6:43          | 3       | 7:33    | 280     | 22:54   |
| Brocken         | 3.10     | 31:06    | 10:01        | 23      | 10:22   | 247     | 13:00   | 12.10 | 1:31:37   | 7:34          | 3       | 9:30    | 280     | 35:54   |
| Eiserner Handwe | 3.60     | 21:22    | 5:56         | 27      | 8:09    | 296     | 9:24    | 15.70 | 1:52:59   | 7:11          | 3       | 12:16   | 280     | 44:36   |
| Schlüsie        | 4.10     | 21:11    | 5:10         | 27      | 8:31    | 314     | 9:15    | 19.80 | 2:14:10   | 6:46          | 3       | 16:37   | 280     | 53:12   |
| Loddenke        | 3.10     | 16:25    | 5:17         | 26      | 5:34    | 297     | 6:12    | 22.90 | 2:30:35   | 6:34          | 3       | 18:46   | 280     | 59:24   |
| Ilseburg/Markt  | 3.30     | 18:13    | 5:31         | 25      | 6:21    | 306     | 7:04    | 26.20 | 2:48:48   | 6:26          | 27      | 55:02   | 280     | 1:06:28 |