



42. Brockenlauf

Ilseburg / 01.09.2012

□□□□

Hagedorn, Uwe

□□: Nordharzer Stoppelhopser
 □□: 325

□□: 26.20 km
 Brockenlauf

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 2:49:08

□□: 9.22 km/h
 □□□□: 6:28 min/km

□□□□□/□□□: 316 (of 426)

□□□□□/□: 284 (of 371)

□□□□□□: 1:42:20

□□□□□: 59(of 77)

□□□□□□□: 1:59:01

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:34	6:13	67	5:51	295	8:08	3.30	20:34	6:13	11	2:24	284	8:08
Schlüsie	3.10	21:37	6:58	57	5:13	266	8:11	6.40	42:11	6:35	11	2:04	284	16:19
Hermannsklippe	2.60	20:17	7:48	60	6:21	292	8:32	9.00	1:02:28	6:56	11	2:14	284	24:51
Brocken	3.10	33:36	10:50	62	11:41	315	15:30	12.10	1:36:04	7:56	11	2:21	284	40:21
Eiserner Handwe	3.60	20:32	5:42	54	6:32	270	8:34	15.70	1:56:36	7:25	11	4:30	284	48:13
Schlüsie	4.10	19:33	4:46	57	6:17	269	7:37	19.80	2:16:09	6:52	11	6:41	284	55:11
Loddenke	3.10	15:37	5:02	59	4:25	269	5:24	22.90	2:31:46	6:37	11	7:54	284	1:00:35
Ilseburg/Markt	3.30	17:22	5:15	65	4:51	285	6:13	26.20	2:49:08	6:27	59	50:07	284	1:06:48