



42. Brockenlauf

Ilseburg / 01.09.2012

□□□□

Tacke, Lutz

□□: Nordharzer Stoppelhopsler

□□: 324

□□: 26.20 km

Brockenlauf

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 2:49:22

□□: 9.28 km/h

□□□□: 6:28 min/km

□□□□□/□□□: 320 (of 426)

□□□□□/□: 287 (of 371)

□□□□□□: 1:42:20

□□□□□: 60(of 77)

□□□□□□□: 1:59:01

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:25	6:11	65	5:42	286	7:59	3.30	20:25	6:11	39	2:15	287	7:59
Schlüsie	3.10	22:01	7:06	63	5:37	291	8:35	6.40	42:26	6:37	39	2:19	287	16:34
Hermannsklippe	2.60	20:16	7:47	59	6:20	291	8:31	9.00	1:02:42	6:58	39	2:28	287	25:05
Brocken	3.10	33:22	10:45	59	11:27	308	15:16	12.10	1:36:04	7:56	11	2:21	284	40:21
Eiserner Handwe	3.60	20:37	5:43	55	6:37	273	8:39	15.70	1:56:41	7:25	39	4:35	287	48:18
Schlüsie	4.10	19:48	4:49	60	6:32	279	7:52	19.80	2:16:29	6:53	39	7:01	287	55:31
Loddenke	3.10	15:26	4:58	54	4:14	256	5:13	22.90	2:31:55	6:38	39	8:03	287	1:00:44
Ilseburg/Markt	3.30	17:27	5:17	66	4:56	287	6:18	26.20	2:49:22	6:27	60	50:21	287	1:07:02