



42. Brockenlauf

Ilseburg / 01.09.2012

□□□□

Fabricius, Lutz

□□: Eintracht Braunschweig

□□: 279

□□: 26.20 km

Brockenlauf

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 2:49:40

□□: 9.19 km/h

□□□□: 6:29 min/km

□□□□□/□□□: 321 (of 426)

□□□□□/□: 288 (of 371)

□□□□□□: 1:42:20

□□□□□: 61(of 77)

□□□□□□□: 1:59:01

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:17	6:08	63	5:34	281	7:51	3.30	20:17	6:08	38	2:07	224	7:51
Schlüsie	3.10	21:45	7:00	60	5:21	278	8:19	6.40	42:02	6:34	38	1:55	288	16:10
Hermannsklippe	2.60	20:33	7:54	62	6:37	300	8:48	9.00	1:02:35	6:57	38	2:21	288	24:58
Brocken	3.10	35:43	11:31	67	13:48	335	17:37	12.10	1:38:18	8:07	38	4:35	288	42:35
Eiserner Handwe	3.60	21:50	6:03	64	7:50	307	9:52	15.70	2:00:08	7:39	38	8:02	288	51:45
Schlüsie	4.10	19:16	4:41	55	6:00	262	7:20	19.80	2:19:24	7:02	38	9:56	288	58:26
Loddenke	3.10	14:38	4:43	45	3:26	213	4:25	22.90	2:34:02	6:43	38	10:10	288	1:02:51
Ilseburg/Markt	3.30	15:38	4:44	40	3:07	189	4:29	26.20	2:49:40	6:28	61	50:39	288	1:07:20