



# 42. Brockenlauf

Ilsenburg / 01.09.2012

□□□□

Grajetzki, Dieter

□□: Haltern am See  
 □□: 108

□□: 26.20 km  
 Brockenlauf

□□□□:  
 Senioren M55 (55-59 Jahre)

□□□: 2:51:10

□□: 9.11 km/h  
 □□□□: 6:32 min/km

□□□□□/□□□□: 328 (of 426)

□□□□□/□: 295 (of 371)

□□□□□□: 1:42:20

□□□□□: 17(of 26)

□□□□□□□: 2:07:09

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:45	5:59	14	3:40	244	7:19	3.30	19:45	5:59	11	0:08	222	7:19
Schlüsie	3.10	23:32	7:35	22	6:11	329	10:06	6.40	43:17	6:45	11	3:33	295	17:25
Hermannsklippe	2.60	23:38	9:05	25	8:23	353	11:53	9.00	1:06:55	7:26	11	9:12	295	29:18
Brocken	3.10	33:18	10:44	20	8:28	306	15:12	12.10	1:40:13	8:16	11	11:36	295	44:30
Eiserner Handwe	3.60	20:01	5:33	15	5:04	254	8:03	15.70	2:00:14	7:39	11	12:39	295	51:51
Schlüsie	4.10	19:20	4:42	14	5:25	264	7:24	19.80	2:19:34	7:02	11	12:06	295	58:36
Loddenke	3.10	14:33	4:41	12	3:02	205	4:20	22.90	2:34:07	6:43	11	10:16	295	1:02:56
Ilsenburg/Markt	3.30	17:03	5:10	18	3:56	275	5:54	26.20	2:51:10	6:31	17	44:01	295	1:08:50