



42. Brockenlauf

Ilseburg / 01.09.2012

□□□□

Hülsmann, Jürgen

□□: VfL Wildeshausen

□□: 25

□□: 26.20 km

Brockenlauf

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 2:51:22

□□: 9.10 km/h

□□□□: 6:32 min/km

□□□□□/□□□: 330 (of 426)

□□□□□/□: 297 (of 371)

□□□□□□: 1:42:20

□□□□□: 51(of 58)

□□□□□□□: 1:45:17

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:48	6:00	45	7:16	250	7:22	3.30	19:48	6:00	8			129	7:22
Schlüsie	3.10	20:42	6:40	35	6:36	220	7:16	6.40	40:30	6:19	8			217	14:38
Hermannsklippe	2.60	19:18	7:25	42	6:49	251	7:33	9.00	59:48	6:38	8			217	22:11
Brocken	3.10	29:32	9:31	34	9:33	200	11:26	12.10	1:29:20	7:22	8			217	33:37
Eiserner Handwe	3.60	23:55	6:38	56	11:57	346	11:57	15.70	1:53:15	7:12	22	0:31		297	44:52
Schlüsie	4.10	24:16	5:55	56	12:20	356	12:20	19.80	2:17:31	6:56	19	5:01		281	56:33
Loddenke	3.10	16:23	5:17	48	5:57	295	6:10	22.90	2:33:54	6:43	22	5:26		297	1:02:43
Ilseburg/Markt	3.30	17:28	5:17	47	5:42	289	6:19	26.20	2:51:22	6:32	51	1:06:05		297	1:09:02