



42. Brockenlauf

Ilseburg / 01.09.2012

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Gaschler, Fredy

□□: Nordharzer Stoppelhopper
 □□: 115

□□: 26.20 km
 Brockenlauf

□□□□:
 Senioren M55 (55-59 Jahre)

□□□: 2:51:47

□□: 9.08 km/h
 □□□□: 6:34 min/km

□□□□□/□□□: 332 (of 426)

□□□□□/□: 299 (of 371)

□□□□□□: 1:42:20

□□□□□: 19(of 26)

□□□□□□□: 2:07:09

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:50	6:18	19	4:45	303	8:24	3.30	20:50	6:18	9	1:13	254	8:24
Schlüsie	3.10	22:07	7:08	17	4:46	297	8:41	6.40	42:57	6:42	9	3:13	299	17:05
Hermannsklippe	2.60	20:17	7:48	18	5:02	292	8:32	9.00	1:03:14	7:01	9	5:31	299	25:37
Brocken	3.10	32:55	10:37	19	8:05	299	14:49	12.10	1:36:09	7:56	9	7:32	299	40:26
Eiserner Handwe	3.60	22:24	6:13	22	7:27	320	10:26	15.70	1:58:33	7:33	9	10:58	299	50:10
Schlüsie	4.10	21:17	5:11	21	7:22	316	9:21	19.80	2:19:50	7:03	9	12:22	299	58:52
Loddenke	3.10	15:20	4:56	15	3:49	253	5:07	22.90	2:35:10	6:46	9	11:19	299	1:03:59
Ilseburg/Markt	3.30	16:37	5:02	13	3:30	242	5:28	26.20	2:51:47	6:33	19	44:38	299	1:09:27