



# 42. Brockenlauf

Ilseburg / 01.09.2012

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Schmidt, Lothar

□□: Möser

□□: 32

□□: 26.20 km

Brockenlauf

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 2:53:11

□□: 9.08 km/h

□□□□: 6:37 min/km

□□□□□/□□□: 337 (of 426)

□□□□□/□: 304 (of 371)

□□□□□□: 1:42:20

□□□□□: 21(of 26)

□□□□□□□: 2:07:09

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:23	5:52	12	3:18	216	6:57	3.30	19:23	5:52	7		304	6:57
Schlüsie	3.10	22:33	7:16	20	5:12	307	9:07	6.40	41:56	6:33	7	2:12	304	16:04
Hermannsklippe	2.60	22:16	8:33	23	7:01	339	10:31	9.00	1:04:12	7:08	7	6:29	304	26:35
Brocken	3.10	34:40	11:10	23	9:50	327	16:34	12.10	1:38:52	8:10	7	10:15	304	43:09
Eiserner Handwe	3.60	20:26	5:40	18	5:29	266	8:28	15.70	1:59:18	7:35	7	11:43	304	50:55
Schlüsie	4.10	20:18	4:57	17	6:23	294	8:22	19.80	2:19:36	7:03	7	12:08	304	58:38
Loddenke	3.10	15:26	4:58	16	3:55	256	5:13	22.90	2:35:02	6:46	7	11:11	304	1:03:51
Ilseburg/Markt	3.30	18:09	5:30	19	5:02	304	7:00	26.20	2:53:11	6:36	21	46:02	304	1:10:51