



# 42. Brockenlauf

Ilseburg / 01.09.2012

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Augustin, Jan

□□: Sportfreunde Augustin

□□: 72

□□: 26.20 km

Brockenlauf

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 2:53:51

□□: 8.97 km/h

□□□□: 6:38 min/km

□□□□□/□□□: 340 (of 426)

□□□□□/□: 306 (of 371)

□□□□□□: 1:42:20

□□□□□: 53(of 58)

□□□□□□□: 1:45:17

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:50	6:36	57	9:18	335	9:24	3.30	21:50	6:36	24	1:20	306	9:24	
Schlüsie	3.10	23:12	7:29	54	9:06	317	9:46	6.40	45:02	7:02	24	3:05	306	19:10	
Hermannsklippe	2.60	20:15	7:47	53	7:46	290	8:30	9.00	1:05:17	7:15	24	4:05	306	27:40	
Brocken	3.10	30:48	9:56	42	10:49	240	12:42	12.10	1:36:05	7:56	24	2:55	306	40:22	
Eiserner Handwe	3.60	22:37	6:16	53	10:39	325	10:39	15.70	1:58:42	7:33	24	5:58	306	50:19	
Schlüsie	4.10	21:33	5:15	53	9:37	323	9:37	19.80	2:20:15	7:05	24	7:45	306	59:17	
Loddenke	3.10	16:26	5:18	49	6:00	298	6:13	22.90	2:36:41	6:50	24	8:13	306	1:05:30	
Ilseburg/Markt	3.30	17:10	5:12	45	5:24	281	6:01	26.20	2:53:51	6:38	53	1:08:34	306	1:11:31	