



42. Brockenlauf

Ilseburg / 01.09.2012

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Wanielik, Jens

□□: Laufsporbuch

□□: 161

□□: 26.20 km

Brockenlauf

□□□□:

Senioren M35 (35-39 Jahre)

□□□: 2:56:41

□□: 8.83 km/h

□□□□: 6:44 min/km

□□□□□/□□□: 348 (of 426)

□□□□□/□: 311 (of 371)

□□□□□□: 1:42:20

□□□□□: 43(of 47)

□□□□□□□: 1:49:50

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:04	6:04	41	6:28	271	7:38	3.30	20:04	6:04	20	0:19	311	7:38
Schlüsie	3.10	20:48	6:42	39	5:41	229	7:22	6.40	40:52	6:23	20	0:25	311	15:00
Hermannsklippe	2.60	19:16	7:24	42	6:18	249	7:31	9.00	1:00:08	6:40	20	1:02	311	22:31
Brocken	3.10	33:29	10:48	43	13:45	311	15:23	12.10	1:33:37	7:44	20	4:52	311	37:54
Eiserner Handwe	3.60	24:38	6:50	45	11:46	353	12:40	15.70	1:58:15	7:31	20	9:41	311	49:52
Schlüsie	4.10	20:02	4:53	42	7:42	285	8:06	19.80	2:18:17	6:59	20	12:08	311	57:19
Loddenke	3.10	17:40	5:41	42	6:43	329	7:27	22.90	2:35:57	6:48	20	14:59	311	1:04:46
Ilseburg/Markt	3.30	20:44	6:16	47	8:53	348	9:35	26.20	2:56:41	6:44	43	1:06:51	311	1:14:21