



42. Brockenlauf

Ilseburg / 01.09.2012

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Machinek, Horst

□□: Maschsee-Sharks Hannover
 □□: 350

□□: 26.20 km
 Brockenlauf

□□□□:
 Senioren M50 (50-54 Jahre)

□□□: 2:57:32

□□: 8.79 km/h
 □□□□: 6:47 min/km

□□□□□/□□□: 353 (of 426)

□□□□□/□: 315 (of 371)

□□□□□□: 1:42:20

□□□□□: 47(of 57)

□□□□□□□: 2:05:19

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:25	6:29	47	5:47	323	8:59	3.30	21:25	6:29	19	0:48	315	8:59
Schlüsie	3.10	23:39	7:37	50	6:12	333	10:13	6.40	45:04	7:02	19	1:04	315	19:12
Hermannsklippe	2.60	21:23	8:13	50	6:23	326	9:38	9.00	1:06:27	7:23	19	1:37	315	28:50
Brocken	3.10	35:12	11:21	49	11:12	331	17:06	12.10	1:41:39	8:24	19	5:42	315	45:56
Eiserner Handwe	3.60	21:35	5:59	46	7:07	302	9:37	15.70	2:03:14	7:50	19	8:29	315	54:51
Schlüsie	4.10	20:52	5:05	48	7:14	309	8:56	19.80	2:24:06	7:16	19	10:02	315	1:03:08
Loddenke	3.10	16:09	5:12	44	4:37	287	5:56	22.90	2:40:15	6:59	19	10:06	315	1:09:04
Ilseburg/Markt	3.30	17:17	5:14	43	4:21	283	6:08	26.20	2:57:32	6:46	47	52:13	315	1:15:12