



42. Brockenlauf

Ilseburg / 01.09.2012

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Wand, Patrick

□□: SV Heuthen

□□: 92

□□: 26.20 km

Brockenlauf

□□□□:

Senioren M35 (35-39 Jahre)

□□□: 2:57:39

□□: 8.78 km/h

□□□□: 6:47 min/km

□□□□□/□□□: 354 (of 426)

□□□□□/□: 316 (of 371)

□□□□□□: 1:42:20

□□□□□: 45(of 47)

□□□□□□□: 1:49:50

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 20:40 | 6:15 | 44 | 7:04 | 299 | 8:14 | 3.30 | 20:40 | 6:15 | 22 | 0:55 | 249 | 8:14 | |
| Schlüsie | 3.10 | 22:26 | 7:14 | 45 | 7:19 | 305 | 9:00 | 6.40 | 43:06 | 6:44 | 22 | 2:39 | 260 | 17:14 | |
| Hermannsklippe | 2.60 | 21:17 | 8:11 | 45 | 8:19 | 320 | 9:32 | 9.00 | 1:04:23 | 7:09 | 22 | 5:17 | 300 | 26:46 | |
| Brocken | 3.10 | 33:29 | 10:48 | 43 | 13:45 | 311 | 15:23 | 12.10 | 1:37:52 | 8:05 | 22 | 9:07 | 316 | 42:09 | |
| Eiserner Handwe | 3.60 | 21:05 | 5:51 | 40 | 8:13 | 287 | 9:07 | 15.70 | 1:58:57 | 7:34 | 22 | 10:23 | 316 | 50:34 | |
| Schlüsie | 4.10 | 21:59 | 5:21 | 44 | 9:39 | 331 | 10:03 | 19.80 | 2:20:56 | 7:07 | 22 | 14:47 | 316 | 59:58 | |
| Loddenke | 3.10 | 18:16 | 5:53 | 45 | 7:19 | 337 | 8:03 | 22.90 | 2:39:12 | 6:57 | 22 | 18:14 | 316 | 1:08:01 | |
| Ilseburg/Markt | 3.30 | 18:27 | 5:35 | 41 | 6:36 | 310 | 7:18 | 26.20 | 2:57:39 | 6:46 | 45 | 1:07:49 | 316 | 1:15:19 | |