



# 42. Brockenlauf

Ilsenburg / 01.09.2012

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## Grünwald, Günter Franz

□□: NLLB Cottbus e.V.  
 □□: 204

□□: 26.20 km  
 Brockenlauf

□□□□:  
 Senioren M60 (60-64 Jahre)

□□□: 3:01:38

□□: 8.59 km/h  
 □□□□: 6:56 min/km

□□□□□/□□□: 371 (of 426)

□□□□□/□: 329 (of 371)

□□□□□□: 1:42:20

□□□□□: 16(of 21)

□□□□□□□: 2:17:19

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 19:15    | 5:50         | 4       | 2:46    | 207     | 6:49    | 3.30  | 19:15     | 5:50          | 7       |         | 329     | 6:49    |
| Schlüsie        | 3.10     | 23:54    | 7:42         | 16      | 5:40    | 337     | 10:28   | 6.40  | 43:09     | 6:44          | 7       | 0:09    | 292     | 17:17   |
| Hermannsklippe  | 2.60     | 23:27    | 9:01         | 18      | 7:15    | 349     | 11:42   | 9.00  | 1:06:36   | 7:23          | 7       | 3:48    | 327     | 28:59   |
| Brocken         | 3.10     | 37:11    | 11:59        | 18      | 11:02   | 349     | 19:05   | 12.10 | 1:43:47   | 8:34          | 7       | 7:39    | 329     | 48:04   |
| Eiserner Handwe | 3.60     | 22:30    | 6:15         | 16      | 5:56    | 321     | 10:32   | 15.70 | 2:06:17   | 8:02          | 7       | 8:07    | 320     | 57:54   |
| Schlüsie        | 4.10     | 20:59    | 5:07         | 14      | 5:21    | 310     | 9:03    | 19.80 | 2:27:16   | 7:26          | 7       | 8:33    | 329     | 1:06:18 |
| Loddenke        | 3.10     | 17:17    | 5:34         | 17      | 4:18    | 325     | 7:04    | 22.90 | 2:44:33   | 7:11          | 7       | 9:35    | 329     | 1:13:22 |
| Ilsenburg/Markt | 3.30     | 17:05    | 5:10         | 11      | 2:19    | 276     | 5:56    | 26.20 | 3:01:38   | 6:55          | 16      | 44:19   | 329     | 1:19:18 |