



# 42. Brockenlauf

Ilseburg / 01.09.2012

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**Bieder, Michael**

□□: WSV Benneckenstein  
 □□: 186

□□: 26.20 km  
 Brockenlauf

□□□□:  
 Senioren M40 (40-44 Jahre)

□□□: 3:01:56

□□: 8.57 km/h  
 □□□□: 6:56 min/km

□□□□□/□□□: 372 (of 426)

□□□□□/□: 330 (of 371)

□□□□□□: 1:42:20

□□□□□: 54(of 58)

□□□□□□□: 1:45:17

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□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 21:01    | 6:22         | 56      | 8:29    | 313     | 8:35    | 3.30  | 21:01     | 6:22          | 25      | 0:31    | 330     | 8:35    |
| Schlüsie        | 3.10     | 23:21    | 7:31         | 55      | 9:15    | 320     | 9:55    | 6.40  | 44:22     | 6:55          | 25      | 2:25    | 330     | 18:30   |
| Hermannsklippe  | 2.60     | 21:13    | 8:09         | 54      | 8:44    | 316     | 9:28    | 9.00  | 1:05:35   | 7:17          | 25      | 4:23    | 330     | 27:58   |
| Brocken         | 3.10     | 34:44    | 11:12        | 55      | 14:45   | 329     | 16:38   | 12.10 | 1:40:19   | 8:17          | 25      | 7:09    | 330     | 44:36   |
| Eiserner Handwe | 3.60     | 22:33    | 6:15         | 52      | 10:35   | 324     | 10:35   | 15.70 | 2:02:52   | 7:49          | 25      | 10:08   | 330     | 54:29   |
| Schlüsie        | 4.10     | 22:16    | 5:25         | 54      | 10:20   | 334     | 10:20   | 19.80 | 2:25:08   | 7:19          | 25      | 12:38   | 330     | 1:04:10 |
| Loddenke        | 3.10     | 17:35    | 5:40         | 53      | 7:09    | 328     | 7:22    | 22.90 | 2:42:43   | 7:06          | 25      | 14:15   | 330     | 1:11:32 |
| Ilseburg/Markt  | 3.30     | 19:13    | 5:49         | 55      | 7:27    | 325     | 8:04    | 26.20 | 3:01:56   | 6:56          | 54      | 1:16:39 | 330     | 1:19:36 |