



42. Brockenlauf

Ilseburg / 01.09.2012

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Stutzkowski, Elke

□□: Blankenburg

□□: 317

□□: 26.20 km

Brockenlauf

□□□□:

Seniorinnen W50 (50-54 Jahre)

□□□: 3:03:41

□□: 8.49 km/h

□□□□: 7:01 min/km

□□□□□/□□□: 375 (of 426)

□□□□□/□: 43 (of 55)

□□□□□□: 2:09:06

□□□□□: 7(of 10)

□□□□□□□: 2:16:44

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 22:22 | 6:46 | 8 | 5:49 | 45 | 6:57 | 3.30 | 22:22 | 6:46 | 7 | 5:49 | 16 | 0:22 |
| Schlüsie | 3.10 | 25:11 | 8:07 | 9 | 7:15 | 49 | 7:58 | 6.40 | 47:33 | 7:25 | 7 | 13:04 | 16 | 0:40 |
| Hermannsklippe | 2.60 | 23:13 | 8:55 | 9 | 7:07 | 48 | 7:36 | 9.00 | 1:10:46 | 7:51 | 7 | 20:11 | 16 | 1:20 |
| Brocken | 3.10 | 36:25 | 11:44 | 8 | 10:15 | 45 | 11:56 | 12.10 | 1:47:11 | 8:51 | 7 | 30:26 | 16 | 1:46 |
| Eiserner Handwe | 3.60 | 20:53 | 5:48 | 7 | 4:33 | 35 | 6:13 | 15.70 | 2:08:04 | 8:09 | 7 | 34:59 | 16 | 1:12 |
| Schlüsie | 4.10 | 20:17 | 4:56 | 7 | 4:08 | 39 | 5:55 | 19.80 | 2:28:21 | 7:29 | 7 | 39:07 | 16 | 1:53 |
| Loddenke | 3.10 | 16:42 | 5:23 | 8 | 3:32 | 43 | 7:22 | 22.90 | 2:45:03 | 7:12 | 7 | 42:39 | 16 | 2:34 |
| Ilseburg/Markt | 3.30 | 18:38 | 5:38 | 8 | 4:18 | 42 | 5:09 | 26.20 | 3:03:41 | 7:00 | 7 | 46:57 | 43 | 54:35 |