



42. Brockenlauf

Ilseburg / 01.09.2012

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Herden, Wolfgang

□□: Lehrte

□□: 416

□□: 26.20 km

Brockenlauf

□□□□:

Senioren M75 (75 und älter)

□□□: 3:04:16

□□: 8.47 km/h

□□□□: 7:02 min/km

□□□□□/□□□: 377 (of 426)

□□□□□/□: 334 (of 371)

□□□□□□: 1:42:20

□□□□□: 2(of 2)

□□□□□□□: 2:56:56

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:59	6:39	2	2:12	341	9:33	3.30	21:59	6:39	2	2:12	156	9:33	
Schlüsie	3.10	23:52	7:41	2	0:52	335	10:26	6.40	45:51	7:09	2	3:04	334	19:59	
Hermannsklippe	2.60	21:53	8:24	2	0:31	331	10:08	9.00	1:07:44	7:31	2	3:35	334	30:07	
Brocken	3.10	34:20	11:04	1	-	323	16:14	12.10	1:42:04	8:26	2	3:13	334	46:21	
Eiserner Handwe	3.60	22:42	6:18	2	1:47	327	10:44	15.70	2:04:46	7:56	2	5:00	334	56:23	
Schlüsie	4.10	21:46	5:18	2	2:04	327	9:50	19.80	2:26:32	7:24	2	7:04	334	1:05:34	
Loddenke	3.10	18:01	5:48	2	0:38	335	7:48	22.90	2:44:33	7:11	2	7:42	329	1:13:22	
Ilseburg/Markt	3.30	19:43	5:58	1	-	334	8:34	26.20	3:04:16	7:01	2	7:20	334	1:21:56	