



42. Brockenlauf

Ilseburg / 01.09.2012

□□□□

Zamora, Germán

□□: Bielefeld
 □□: 61

□□: 26.20 km
 Brockenlauf

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 3:04:51

□□: 8.44 km/h
 □□□□: 7:04 min/km

□□□□□/□□□: 380 (of 426)

□□□□□/□: 336 (of 371)

□□□□□□: 1:42:20

□□□□□: 71(of 77)

□□□□□□□: 1:59:01

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 21:42 | 6:34 | 71 | 6:59 | 331 | 9:16 | 3.30 | 21:42 | 6:34 | 28 | 3:32 | 336 | 9:16 |
| Schlüsie | 3.10 | 23:21 | 7:31 | 67 | 6:57 | 320 | 9:55 | 6.40 | 45:03 | 7:02 | 28 | 4:56 | 336 | 19:11 |
| Hermannsklippe | 2.60 | 21:21 | 8:12 | 66 | 7:25 | 323 | 9:36 | 9.00 | 1:06:24 | 7:22 | 28 | 6:10 | 336 | 28:47 |
| Brocken | 3.10 | 36:15 | 11:41 | 71 | 14:20 | 342 | 18:09 | 12.10 | 1:42:39 | 8:29 | 28 | 8:56 | 336 | 46:56 |
| Eiserner Handwe | 3.60 | 22:42 | 6:18 | 66 | 8:42 | 327 | 10:44 | 15.70 | 2:05:21 | 7:59 | 28 | 13:15 | 336 | 56:58 |
| Schlüsie | 4.10 | 21:52 | 5:20 | 68 | 8:36 | 329 | 9:56 | 19.80 | 2:27:13 | 7:26 | 28 | 17:45 | 336 | 1:06:15 |
| Loddenke | 3.10 | 18:35 | 5:59 | 74 | 7:23 | 341 | 8:22 | 22.90 | 2:45:48 | 7:14 | 28 | 21:56 | 336 | 1:14:37 |
| Ilseburg/Markt | 3.30 | 19:03 | 5:46 | 72 | 6:32 | 321 | 7:54 | 26.20 | 3:04:51 | 7:03 | 71 | 1:05:50 | 336 | 1:22:31 |