



42. Brockenlauf

Ilseburg / 01.09.2012

□□□□

Oesterreich, Wolfgang

□□: LC RON HILL BERLIN e.V.

□□: 16

□□: 26.20 km

Brockenlauf

□□□□:

Senioren M60 (60-64 Jahre)

□□□: 3:05:02

□□: 8.43 km/h

□□□□: 7:04 min/km

□□□□□/□□□: 382 (of 426)

□□□□□/□: 337 (of 371)

□□□□□□: 1:42:20

□□□□□: 18(of 21)

□□□□□□□: 2:17:19

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 23:21 | 7:04 | 18 | 6:52 | 354 | 10:55 | 3.30 | 23:21 | 7:04 | 5 | 2:09 | 337 | 10:55 | |
| Schlüsie | 3.10 | 23:29 | 7:34 | 15 | 5:15 | 327 | 10:03 | 6.40 | 46:50 | 7:19 | 5 | 3:50 | 338 | 20:58 | |
| Hermannsklippe | 2.60 | 19:43 | 7:34 | 9 | 3:31 | 275 | 7:58 | 9.00 | 1:06:33 | 7:23 | 5 | 3:45 | 338 | 28:56 | |
| Brocken | 3.10 | 37:54 | 12:13 | 19 | 11:45 | 352 | 19:48 | 12.10 | 1:44:27 | 8:37 | 5 | 8:19 | 338 | 48:44 | |
| Eiserner Handwe | 3.60 | 24:17 | 6:44 | 19 | 7:43 | 350 | 12:19 | 15.70 | 2:08:44 | 8:11 | 5 | 10:34 | 337 | 1:00:21 | |
| Schlüsie | 4.10 | 22:47 | 5:33 | 18 | 7:09 | 345 | 10:51 | 19.80 | 2:31:31 | 7:39 | 5 | 12:48 | 338 | 1:10:33 | |
| Loddenke | 3.10 | 16:47 | 5:24 | 14 | 3:48 | 311 | 6:34 | 22.90 | 2:48:18 | 7:20 | 5 | 13:20 | 337 | 1:17:07 | |
| Ilseburg/Markt | 3.30 | 16:44 | 5:04 | 8 | 1:58 | 252 | 5:35 | 26.20 | 3:05:02 | 7:03 | 18 | 47:43 | 337 | 1:22:42 | |