



42. Brockenlauf

Ilseburg / 01.09.2012

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Bunk, Heike

□□: Kassel

□□: 117

□□: 26.20 km

Brockenlauf

□□□□:

Seniorinnen W50 (50-54 Jahre)

□□□: 3:05:46

□□: 8.40 km/h

□□□□: 7:05 min/km

□□□□□/□□□: 387 (of 426)

□□□□□/□: 46 (of 55)

□□□□□□: 2:09:06

□□□□□: 9(of 10)

□□□□□□□: 2:16:44

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 25:36 | 7:45 | 10 | 9:03 | 53 | 10:11 | 3.30 | 25:36 | 7:45 | 9 | 9:03 | 19 | 3:36 |
| Schlüsie | 3.10 | 25:49 | 8:19 | 10 | 7:53 | 50 | 8:36 | 6.40 | 51:25 | 8:02 | 9 | 16:56 | 19 | 4:32 |
| Hermannsklippe | 2.60 | 21:14 | 8:09 | 7 | 5:08 | 38 | 5:37 | 9.00 | 1:12:39 | 8:04 | 9 | 22:04 | 19 | 3:13 |
| Brocken | 3.10 | 32:39 | 10:31 | 6 | 6:29 | 28 | 8:10 | 12.10 | 1:45:18 | 8:42 | 9 | 28:33 | 19 | |
| Eiserner Handwe | 3.60 | 22:56 | 6:22 | 8 | 6:36 | 47 | 8:16 | 15.70 | 2:08:14 | 8:10 | 9 | 35:09 | 19 | 1:22 |
| Schlüsie | 4.10 | 20:54 | 5:05 | 8 | 4:45 | 46 | 6:32 | 19.80 | 2:29:08 | 7:31 | 9 | 39:54 | 19 | 2:40 |
| Loddenke | 3.10 | 17:28 | 5:38 | 9 | 4:18 | 47 | 8:08 | 22.90 | 2:46:36 | 7:16 | 9 | 44:12 | 19 | 4:07 |
| Ilseburg/Markt | 3.30 | 19:10 | 5:48 | 9 | 4:50 | 44 | 5:41 | 26.20 | 3:05:46 | 7:05 | 9 | 49:02 | 46 | 56:40 |