



42. Brockenlauf

Ilseburg / 01.09.2012

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Braun, Christoph

□□: Evessen
 □□: 445

□□: 26.20 km
 Brockenlauf

□□□□:
 Senioren M40 (40-44 Jahre)

□□□: 3:07:31

□□: 8.32 km/h
 □□□□: 7:10 min/km

□□□□□/□□□: 391 (of 426)

□□□□□/□: 344 (of 371)

□□□□□□: 1:42:20

□□□□□: 57(of 58)

□□□□□□□: 1:45:17

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:12	6:07	50	7:40	275	7:46	3.30	20:12	6:07	28		240	7:46
Schlüsie	3.10	20:54	6:44	42	6:48	237	7:28	6.40	41:06	6:25	28		344	15:14
Hermannsklippe	2.60	19:31	7:30	48	7:02	264	7:46	9.00	1:00:37	6:44	28		319	23:00
Brocken	3.10	31:08	10:02	43	11:09	252	13:02	12.10	1:31:45	7:34	28		344	36:02
Eiserner Handwe	3.60	22:53	6:21	55	10:55	335	10:55	15.70	1:54:38	7:18	28	1:54	344	46:15
Schlüsie	4.10	29:36	7:13	57	17:40	366	17:40	19.80	2:24:14	7:17	28	11:44	344	1:03:16
Loddenke	3.10	20:21	6:33	57	9:55	358	10:08	22.90	2:44:35	7:11	28	16:07	344	1:13:24
Ilseburg/Markt	3.30	22:56	6:56	58	11:10	359	11:47	26.20	3:07:31	7:09	57	1:22:14	344	1:25:11