



# 42. Brockenlauf

Ilseburg / 01.09.2012

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**Gelbert, Gerwid**

□□: Löhnberg

□□: 378

□□: 26.20 km

Brockenlauf

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 3:08:44

□□: 8.27 km/h

□□□□: 7:12 min/km

□□□□□/□□□: 393 (of 426)

□□□□□/□: 49 (of 55)

□□□□□□: 2:09:06

□□□□□: 14(of 14)

□□□□□□□: 2:23:23

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:26	6:47	12	4:51	46	7:01	3.30	22:26	6:47	14	4:51	22	0:26
Schlüsie	3.10	25:55	8:21	13	7:26	51	8:42	6.40	48:21	7:33	14	12:17	22	1:28
Hermannsklippe	2.60	24:01	9:14	14	6:49	52	8:24	9.00	1:12:22	8:02	14	19:06	22	2:56
Brocken	3.10	37:27	12:04	14	9:05	51	12:58	12.10	1:49:49	9:04	14	28:11	22	4:24
Eiserner Handwe	3.60	20:57	5:49	8	3:41	38	6:17	15.70	2:10:46	8:19	14	31:52	22	3:54
Schlüsie	4.10	20:19	4:57	10	4:13	41	5:57	19.80	2:31:05	7:37	14	36:05	22	4:37
Loddenke	3.10	17:45	5:43	12	4:40	48	8:25	22.90	2:48:50	7:22	14	40:45	22	6:21
Ilseburg/Markt	3.30	19:54	6:01	11	4:36	46	6:25	26.20	3:08:44	7:12	14	45:21	49	59:38