



42. Brockenlauf

Ilseburg / 01.09.2012

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Yildirim, Mahsar

□□: Maschsee-Sharks Hannover
 □□: 351

□□: 26.20 km
 Brockenlauf

□□□□:
 Senioren M55 (55-59 Jahre)

□□□: 3:11:50

□□: 8.13 km/h
 □□□□: 7:19 min/km

□□□□□/□□□: 396 (of 426)

□□□□□/□: 347 (of 371)

□□□□□□: 1:42:20

□□□□□: 24(of 26)

□□□□□□□: 2:07:09

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:25	6:29	23	5:20	323	8:59	3.30	21:25	6:29	4	1:48	315	8:59	
Schlüsie	3.10	24:57	8:02	25	7:36	350	11:31	6.40	46:22	7:14	4	6:38	347	20:30	
Hermannsklippe	2.60	23:17	8:57	24	8:02	347	11:32	9.00	1:09:39	7:44	4	11:56	347	32:02	
Brocken	3.10	37:54	12:13	25	13:04	352	19:48	12.10	1:47:33	8:53	4	18:56	347	51:50	
Eiserner Handwe	3.60	21:51	6:04	21	6:54	309	9:53	15.70	2:09:24	8:14	4	21:49	347	1:01:01	
Schlüsie	4.10	21:36	5:16	23	7:41	325	9:40	19.80	2:31:00	7:37	4	23:32	347	1:10:02	
Loddenke	3.10	19:09	6:10	26	7:38	347	8:56	22.90	2:50:09	7:25	4	26:18	347	1:18:58	
Ilseburg/Markt	3.30	21:41	6:34	24	8:34	355	10:32	26.20	3:11:50	7:19	24	1:04:41	347	1:29:30	