



42. Brockenlauf

Ilseburg / 01.09.2012

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Benter, Thomas

□□: Wittenberg

□□: 365

□□: 26.20 km

Brockenlauf

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 3:12:08

□□: 8.12 km/h

□□□□: 7:20 min/km

□□□□□/□□□: 397 (of 426)

□□□□□/□: 348 (of 371)

□□□□□□: 1:42:20

□□□□□: 25(of 26)

□□□□□□□: 2:07:09

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:15	6:44	25	6:10	347	9:49	3.30	22:15	6:44	3	2:38	308	9:49	
Schlüsie	3.10	24:35	7:55	24	7:14	346	11:09	6.40	46:50	7:19	3	7:06	338	20:58	
Hermannsklippe	2.60	22:15	8:33	22	7:00	337	10:30	9.00	1:09:05	7:40	3	11:22	348	31:28	
Brocken	3.10	36:01	11:37	24	11:11	338	17:55	12.10	1:45:06	8:41	3	16:29	348	49:23	
Eiserner Handwe	3.60	23:12	6:26	24	8:15	338	11:14	15.70	2:08:18	8:10	3	20:43	348	59:55	
Schlüsie	4.10	21:34	5:15	22	7:39	324	9:38	19.80	2:29:52	7:34	3	22:24	348	1:08:54	
Loddenke	3.10	18:41	6:01	23	7:10	342	8:28	22.90	2:48:33	7:21	3	24:42	348	1:17:22	
Ilseburg/Markt	3.30	23:35	7:08	26	10:28	362	12:26	26.20	3:12:08	7:19	25	1:04:59	348	1:29:48	