



# 42. Brockenlauf

Ilseburg / 01.09.2012

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**Miersch, Anette**

□□: Waldläufer Bad Salzdetfurth  
 □□: 224

□□: 26.20 km  
 Brockenlauf

□□□□:  
 Seniorinnen W50 (50-54 Jahre)

□□□: 3:13:56

□□: 8.04 km/h  
 □□□□: 7:24 min/km

□□□□□/□□□: 398 (of 426)

□□□□□/□: 50 (of 55)

□□□□□□: 2:09:06

□□□□□: 10(of 10)

□□□□□□□: 2:16:44

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□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 23:28    | 7:06         | 9       | 6:55    | 49      | 8:03    | 3.30  | 23:28     | 7:06          | 10      | 6:55    | 23      | 1:28    |
| Schlüsie        | 3.10     | 25:10    | 8:07         | 8       | 7:14    | 48      | 7:57    | 6.40  | 48:38     | 7:35          | 10      | 14:09   | 23      | 1:45    |
| Hermannsklippe  | 2.60     | 23:26    | 9:00         | 10      | 7:20    | 51      | 7:49    | 9.00  | 1:12:04   | 8:00          | 10      | 21:29   | 23      | 2:38    |
| Brocken         | 3.10     | 37:21    | 12:02        | 10      | 11:11   | 49      | 12:52   | 12.10 | 1:49:25   | 9:02          | 10      | 32:40   | 23      | 4:00    |
| Eiserner Handwe | 3.60     | 23:22    | 6:29         | 9       | 7:02    | 48      | 8:42    | 15.70 | 2:12:47   | 8:27          | 10      | 39:42   | 23      | 5:55    |
| Schlüsie        | 4.10     | 22:21    | 5:27         | 10      | 6:12    | 50      | 7:59    | 19.80 | 2:35:08   | 7:50          | 10      | 45:54   | 23      | 8:40    |
| Loddenke        | 3.10     | 18:03    | 5:49         | 10      | 4:53    | 50      | 8:43    | 22.90 | 2:53:11   | 7:33          | 10      | 50:47   | 23      | 10:42   |
| Ilseburg/Markt  | 3.30     | 20:45    | 6:17         | 10      | 6:25    | 51      | 7:16    | 26.20 | 3:13:56   | 7:24          | 10      | 57:12   | 50      | 1:04:50 |