



# 42. Brockenlauf

Ilsenburg / 01.09.2012

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Wieczorek, Bernd

□□: Lauffreß Salzgitter

□□: 440

□□: 26.20 km

Brockenlauf

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 3:35:53

□□: 7.23 km/h

□□□□: 8:14 min/km

□□□□□/□□□: 416 (of 426)

□□□□□/□: 363 (of 371)

□□□□□□: 1:42:20

□□□□□: 54(of 57)

□□□□□□□: 2:05:19

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 24:09    | 7:19         | 55      | 8:31    | 364     | 11:43   | 3.30  | 24:09     | 7:19          | 26      | 3:32    | 364     | 11:43   |
| Schlüsie        | 3.10     | 26:20    | 8:29         | 54      | 8:53    | 364     | 12:54   | 6.40  | 50:29     | 7:53          | 26      | 6:29    | 364     | 24:37   |
| Hermannsklippe  | 2.60     | 25:05    | 9:38         | 54      | 10:05   | 362     | 13:20   | 9.00  | 1:15:34   | 8:23          | 26      | 10:44   | 364     | 37:57   |
| Brocken         | 3.10     | 38:16    | 12:20        | 54      | 14:16   | 357     | 20:10   | 12.10 | 1:53:50   | 9:24          | 26      | 17:53   | 364     | 58:07   |
| Eiserner Handwe | 3.60     | 27:38    | 7:40         | 55      | 13:10   | 364     | 15:40   | 15.70 | 2:21:28   | 9:00          | 26      | 26:43   | 364     | 1:13:05 |
| Schlüsie        | 4.10     | 27:29    | 6:42         | 55      | 13:51   | 362     | 15:33   | 19.80 | 2:48:57   | 8:31          | 26      | 34:53   | 364     | 1:27:59 |
| Loddenke        | 3.10     | 22:37    | 7:17         | 56      | 11:05   | 368     | 12:24   | 22.90 | 3:11:34   | 8:21          | 26      | 41:25   | 364     | 1:40:23 |
| Ilsenburg/Markt | 3.30     | 24:19    | 7:22         | 55      | 11:23   | 367     | 13:10   | 26.20 | 3:35:53   | 8:14          | 54      | 1:30:34 | 363     | 1:53:33 |