



# 43. Brockenlauf

Ilseburg / 07.09.2013

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## Böning, Matthias

□□: Hildesheim  
 □□: 22

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Senioren M45 (45-49 Jahre)

□□□: 2:37:37

□□: 9.90 km/h  
 □□□□: 6:01 min/km

□□□□□/□□□: 200 (of 456)

□□□□□/□: 187 (of 399)

□□□□□□: 1:39:03

□□□□□: 45(of 99)

□□□□□□□: 2:00:26

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 18:19    | 5:33         | 35      | 4:07    | 154     | 5:48    | 3.30  | 18:19     | 5:33          | 80      | -       | 76      | 5:44    |
| Schlüsie        | 3.10     | 19:49    | 6:23         | 34      | 3:45    | 163     | 6:27    | 6.40  | 38:08     | 5:57          | 80      | -       | 134     | 12:08   |
| Hermannsklippe  | 2.60     | 18:11    | 6:59         | 38      | 3:56    | 177     | 6:38    | 9.00  | 56:19     | 6:15          | 80      | -       | 189     | 18:39   |
| Brocken         | 3.10     | 30:18    | 9:46         | 38      | 7:40    | 175     | 12:17   | 12.10 | 1:26:37   | 7:09          | 80      | -       | 189     | 30:33   |
| Eiserner Handwe | 3.60     | 19:10    | 5:19         | 53      | 4:47    | 208     | 7:07    | 15.70 | 1:45:47   | 6:44          | 80      | -       | 152     | 37:37   |
| Schlüsie        | 4.10     | 19:47    | 4:49         | 60      | 5:47    | 256     | 8:49    | 19.80 | 2:05:34   | 6:20          | 80      | -       | 189     | 46:26   |
| Loddenke        | 3.10     | 15:20    | 4:56         | 52      | 4:11    | 205     | 5:56    | 22.90 | 2:20:54   | 6:09          | 80      | -       | 189     | 52:22   |
| Ilseburg/Markt  | 3.30     | 16:43    | 5:03         | 45      | 4:36    | 185     | 6:12    | 26.20 | 2:37:37   | 6:00          | 45      | 37:11   | 187     | 58:34   |