



# 45. Brockenlauf

Ilseburg / 05.09.2015

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**Mahnken, Daniel**

□□: VfL Ummeln  
 □□: 140

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Senioren M35 (35-39 Jahre)

□□□: 2:18:02

□□: 11.30 km/h

□□□□□/□□□: 91 (of 532)

□□□□□/□: 87 (of 452)

□□□□□□: 1:36:15

□□□□□: 11(of 48)

□□□□□□□: 1:56:54

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□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>km/h | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□     | □□□   | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|------------|---------|---------|---------|---------|-------|---------|-------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 18:43    | 9.62       | 26      | 4:35    | 176     | 6:57    | 3.30  | 18:43   | 9.62  | 26      | 4:35    | 176     | 6:57    |
| Schlüsie        | 3.10     | 19:12    | 9.38       | 17      | 3:19    | 122     | 6:17    | 6.40  | 37:55   | 9.49  | 21      | 7:52    | 143     | 13:14   |
| Hermannsklippe  | 2.60     | 16:14    | 7.39       | 13      | 2:22    | 98      | 4:59    | 9.00  | 54:09   | 9.97  | 17      | 10:10   | 119     | 18:13   |
| Brocken         | 3.10     | 25:45    | 6.99       | 13      | 4:04    | 92      | 8:33    | 12.10 | 1:19:54 | 9.01  | 14      | 14:14   | 107     | 26:46   |
| Eiserner Handwe | 3.60     | 16:20    | 11.02      | 13      | 2:35    | 90      | 4:43    | 15.70 | 1:36:14 | 9.35  | 14      | 16:38   | 101     | 31:29   |
| Schlüsie        | 4.10     | 15:14    | 15.75      | 11      | 2:02    | 71      | 3:48    | 19.80 | 1:51:28 | 10.23 | 13      | 18:34   | 96      | 35:17   |
| Loddenke        | 3.10     | 12:54    | 13.95      | 11      | 1:29    | 81      | 3:17    | 22.90 | 2:04:22 | 10.61 | 13      | 20:03   | 93      | 38:34   |
| Ilseburg/Markt  | 3.30     | 13:40    | 13.17      | 6       | 1:05    | 56      | 3:13    | 26.20 | 2:18:02 | 11.30 | 11      | 21:08   | 87      | 41:47   |