



# 45. Brockenlauf

Ilseburg / 05.09.2015

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Hempel, Jürgen

□□: Post Wernigerode

□□: 399

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M35 (35-39 Jahre)

□□□: 2:30:27

□□: 10.45 km/h

□□□□□/□□□: 206 (of 532)

□□□□□/□: 195 (of 452)

□□□□□□: 1:36:15

□□□□□: 27(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     | 18:09    | 10.91      | 18      | 4:01    | 118     | 6:23    | 3.30  | 18:09   | 10.91 | 18      | 4:01    | 118     | 6:23    |
| Schlüsie        | 3.10     | 19:40    | 9.46       | 22      | 3:47    | 160     | 6:45    | 6.40  | 37:49   | 10.15 | 20      | 7:46    | 138     | 13:08   |
| Hermannsklippe  | 2.60     | 17:21    | 8.99       | 24      | 3:29    | 171     | 6:06    | 9.00  | 55:10   | 9.79  | 21      | 11:11   | 147     | 19:14   |
| Brocken         | 3.10     | 26:55    | 6.91       | 17      | 5:14    | 130     | 9:43    | 12.10 | 1:22:05 | 8.84  | 20      | 16:25   | 143     | 28:57   |
| Eiserner Handwe | 3.60     | 18:31    | 11.67      | 29      | 4:46    | 227     | 6:54    | 15.70 | 1:40:36 | 9.36  | 22      | 21:00   | 153     | 35:51   |
| Schlüsie        | 4.10     | 17:50    | 13.79      | 28      | 4:38    | 225     | 6:24    | 19.80 | 1:58:26 | 10.03 | 24      | 25:32   | 168     | 42:15   |
| Loddenke        | 3.10     | 14:59    | 12.41      | 32      | 3:34    | 247     | 5:22    | 22.90 | 2:13:25 | 10.30 | 24      | 29:06   | 182     | 47:37   |
| Ilseburg/Markt  | 3.30     | 17:02    | 11.62      | 38      | 4:27    | 300     | 6:35    | 26.20 | 2:30:27 | 10.45 | 27      | 33:33   | 195     | 54:12   |