



# 46. Brockenlauf

Ilseburg / 03.09.2016

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Zimmermann, Tino

□□: Wernigerode

□□: 518

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M35 (35-39 Jahre)

□□□: 2:14:12

□□: 11.62 km/h

□□□□: 5:07 min/km

□□□□□/□□□: 43 (of 529)

□□□□□/□: 41 (of 447)

□□□□□□: 1:39:39

□□□□□: 5(of 50)

□□□□□□□: 1:56:54

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 16:16    | 4:55         | 8       | 2:12    | 46      | 6:39    | 3.30  | 16:16     | 4:55      | 8             | 2:12    | 46      | 6:39    |         |
| Schlüsie        | 3.10     | 18:16    | 5:53         | 5       | 2:23    | 34      | 4:26    | 6.40  | 34:32     | 5:23      | 7             | 4:35    | 40      | 8:28    |         |
| Hermannsklippe  | 2.60     | 15:53    | 6:06         | 7       | 2:17    | 47      | 4:12    | 9.00  | 50:25     | 5:36      | 7             | 6:52    | 39      | 12:35   |         |
| Brocken         | 3.10     | 25:26    | 8:12         | 7       | 4:29    | 48      | 7:11    | 12.10 | 1:15:51   | 6:16      | 6             | 11:21   | 39      | 19:46   |         |
| Eiserner Handwe | 3.60     | 16:18    | 4:31         | 11      | 2:27    | 70      | 3:48    | 15.70 | 1:32:09   | 5:52      | 5             | 13:48   | 41      | 23:34   |         |
| Schlüsie        | 4.10     | 15:14    | 3:42         | 5       | 1:58    | 43      | 2:50    | 19.80 | 1:47:23   | 5:25      | 5             | 15:46   | 39      | 26:22   |         |
| Loddenke        | 3.10     | 12:24    | 4:00         | 4       | 0:46    | 29      | 2:04    | 22.90 | 1:59:47   | 5:13      | 5             | 16:22   | 37      | 28:26   |         |
| Ilseburg/Markt  | 3.30     | 14:25    | 4:22         | 10      | 1:29    | 66      | 6:07    | 26.20 | 2:14:12   | 5:07      | 5             | 17:18   | 41      | 34:33   |         |