



# 46. Brockenlauf

Ilseburg / 03.09.2016

□□□□

Schmidt, Swen

□□: Harzgerode

□□: 548

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M35 (35-39 Jahre)

□□□: 2:32:37

□□: 10.22 km/h

□□□□: 5:50 min/km

□□□□□/□□□□: 175 (of 529)

□□□□□/□: 165 (of 447)

□□□□□□: 1:39:39

□□□□□: 25(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     | 18:53    | 5:43         | 24      | 4:49    | 187     | 9:16    | 3.30  | 18:53     | 5:43      | 24            | 4:49    | 187     | 9:16    |         |
| Schlüsie        | 3.10     | 21:28    | 6:55         | 26      | 5:35    | 189     | 7:38    | 6.40  | 40:21     | 6:18      | 25            | 10:24   | 188     | 14:17   |         |
| Hermannsklippe  | 2.60     | 18:31    | 7:07         | 30      | 4:55    | 218     | 6:50    | 9.00  | 58:52     | 6:32      | 25            | 15:19   | 197     | 21:02   |         |
| Brocken         | 3.10     | 29:03    | 9:22         | 24      | 8:06    | 164     | 10:48   | 12.10 | 1:27:55   | 7:15      | 25            | 23:25   | 181     | 31:50   |         |
| Eiserner Handwe | 3.60     | 17:25    | 4:50         | 20      | 3:34    | 137     | 4:55    | 15.70 | 1:45:20   | 6:42      | 24            | 26:59   | 174     | 36:45   |         |
| Schlüsie        | 4.10     | 17:04    | 4:09         | 18      | 3:48    | 142     | 4:40    | 19.80 | 2:02:24   | 6:10      | 24            | 30:47   | 165     | 41:23   |         |
| Loddenke        | 3.10     | 14:20    | 4:37         | 24      | 2:42    | 162     | 4:00    | 22.90 | 2:16:44   | 5:58      | 24            | 33:19   | 165     | 45:23   |         |
| Ilseburg/Markt  | 3.30     | 15:53    | 4:48         | 25      | 2:57    | 168     | 7:35    | 26.20 | 2:32:37   | 5:49      | 25            | 35:43   | 165     | 52:58   |         |