



# 46. Brockenlauf

Ilseburg / 03.09.2016

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**Simon, Philipp**

□□: Hannover

□□: 411

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M35 (35-39 Jahre)

□□□: 2:53:49

□□: 8.97 km/h

□□□□: 6:38 min/km

□□□□□/□□□: 353 (of 529)

□□□□□/□: 313 (of 447)

□□□□□□: 1:39:39

□□□□□: 39(of 50)

□□□□□□□: 1:56:54

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 22:20    | 6:46         | 44      | 8:16    | 383     | 12:43   | 3.30  | 22:20     | 6:46          | 44      | 8:16    | 383     | 12:43   |
| Schlüsie        | 3.10     | 25:22    | 8:10         | 46      | 9:29    | 374     | 11:32   | 6.40  | 47:42     | 7:27          | 46      | 17:45   | 376     | 21:38   |
| Hermannsklippe  | 2.60     | 19:42    | 7:34         | 38      | 6:06    | 286     | 8:01    | 9.00  | 1:07:24   | 7:29          | 44      | 23:51   | 353     | 29:34   |
| Brocken         | 3.10     | 30:53    | 9:57         | 31      | 9:56    | 236     | 12:38   | 12.10 | 1:38:17   | 8:07          | 40      | 33:47   | 313     | 42:12   |
| Eiserner Handwe | 3.60     | 20:00    | 5:33         | 39      | 6:09    | 289     | 7:30    | 15.70 | 1:58:17   | 7:32          | 39      | 39:56   | 309     | 49:42   |
| Schlüsie        | 4.10     | 20:43    | 5:03         | 42      | 7:27    | 330     | 8:19    | 19.80 | 2:19:00   | 7:01          | 41      | 47:23   | 315     | 57:59   |
| Loddenke        | 3.10     | 16:53    | 5:26         | 40      | 5:15    | 337     | 6:33    | 22.90 | 2:35:53   | 6:48          | 40      | 52:28   | 317     | 1:04:32 |
| Ilseburg/Markt  | 3.30     | 17:56    | 5:26         | 37      | 5:00    | 289     | 9:38    | 26.20 | 2:53:49   | 6:38          | 39      | 56:55   | 313     | 1:14:10 |