



# 46. Brockenlauf

Ilseburg / 03.09.2016

□□□□

Leonhard, Rico

□□: Berlin

□□: 353

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 3:44:25

□□: 6.95 km/h

□□□□: 8:34 min/km

□□□□□/□□□: 514 (of 529)

□□□□□/□: 435 (of 447)

□□□□□□: 1:39:39

□□□□□: 59(of 59)

□□□□□□□: 1:54:51

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 24:30    | 7:25         | 58      | 10:30   | 429     | 14:53   | 3.30  | 24:30     | 7:25      | 58            | 10:30   | 429     | 14:53   |         |
| Schlüsie        | 3.10     | 29:46    | 9:36         | 59      | 13:37   | 428     | 15:56   | 6.40  | 54:16     | 8:28      | 59            | 24:07   | 431     | 28:12   |         |
| Hermannsklippe  | 2.60     | 22:25    | 8:37         | 57      | 8:44    | 386     | 10:44   | 9.00  | 1:16:41   | 8:31      | 59            | 32:43   | 423     | 38:51   |         |
| Brocken         | 3.10     | 44:41    | 14:24        | 59      | 24:15   | 440     | 26:26   | 12.10 | 2:01:22   | 10:01     | 59            | 56:11   | 434     | 1:05:17 |         |
| Eiserner Handwe | 3.60     | 30:27    | 8:27         | 59      | 17:06   | 441     | 17:57   | 15.70 | 2:31:49   | 9:40      | 59            | 1:13:17 | 439     | 1:23:14 |         |
| Schlüsie        | 4.10     | 27:39    | 6:44         | 58      | 14:58   | 427     | 15:15   | 19.80 | 2:59:28   | 9:03      | 59            | 1:28:15 | 435     | 1:38:27 |         |
| Loddenke        | 3.10     | 20:58    | 6:45         | 56      | 10:11   | 412     | 10:38   | 22.90 | 3:20:26   | 8:45      | 58            | 1:37:01 | 433     | 1:49:05 |         |
| Ilseburg/Markt  | 3.30     | 23:59    | 7:16         | 58      | 11:51   | 419     | 15:41   | 26.20 | 3:44:25   | 8:33      | 59            | 1:49:34 | 435     | 2:04:46 |         |