



# 48. Brockenlauf

Ilseburg / 01.09.2018

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**Merz, Matthias**

□□: Brockenlaufverein

□□: 499

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 2:09:46

□□: 12.02 km/h

□□□□: 4:57 min/km

□□□□□/□□□: 35 (of 506)

□□□□□/□: 33 (of 416)

□□□□□□: 1:44:43

□□□□□: 3(of 52)

□□□□□□□: 2:08:09

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 17:37    | 5:20         | 7       | 1:14    | 90      | 4:11    | 3.30  | 17:37     | 5:20      | 7             | 1:14    | 90      | 4:11    |         |
| Bremer Hütte    | 2.40     | 14:20    | 5:58         | 4       | 0:26    | 60      | 3:14    | 5.70  | 31:57     | 5:36      | 5             | 1:33    | 73      | 7:25    |         |
| Hermannsklippe  | 3.30     | 19:12    | 5:49         | 4       | 0:44    | 53      | 4:20    | 9.00  | 51:09     | 5:41      | 4             | 2:17    | 62      | 11:44   |         |
| Brocken         | 3.10     | 22:23    | 7:13         | 1       | -       | 20      | 4:02    | 12.10 | 1:13:32   | 6:04      | 2             | 0:36    | 40      | 15:46   |         |
| Eiserner Handwe | 3.60     | 15:49    | 4:23         | 4       | 1:36    | 44      | 3:17    | 15.70 | 1:29:21   | 5:41      | 3             | 0:52    | 41      | 19:03   |         |
| Bremer Hütte    | 4.10     | 18:06    | 4:24         | 4       | 0:49    | 45      | 3:12    | 19.80 | 1:47:27   | 5:25      | 3             | 1:39    | 40      | 21:58   |         |
| Loddenke        | 3.10     | 9:21     | 3:00         | 4       | 0:24    | 32      | 1:23    | 22.90 | 1:56:48   | 5:06      | 3             | 1:51    | 35      | 23:21   |         |
| Ilseburg/Markt  | 3.30     | 12:58    | 3:55         | 1       | -       | 15      | 1:42    | 26.20 | 2:09:46   | 4:57      | 3             | 1:37    | 33      | 25:03   |         |