



48. Brockenlauf

Ilseburg / 01.09.2018

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Saul, Dominik

□□: Goettingen

□□: 325

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M30 (30-34 Jahre)

□□□: 2:15:35

□□: 11.51 km/h

□□□□: 5:10 min/km

□□□□□/□□□: 56 (of 506)

□□□□□/□: 53 (of 416)

□□□□□□: 1:44:43

□□□□□: 10(of 45)

□□□□□□□: 1:49:19

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 17:56 | 5:26 | 13 | 4:30 | 117 | 4:30 | 3.30 | 17:56 | 5:26 | 13 | 4:30 | 117 | 4:30 | |
| Bremer Hütte | 2.40 | 14:53 | 6:12 | 16 | 3:47 | 87 | 3:47 | 5.70 | 32:49 | 5:45 | 12 | 8:17 | 87 | 8:17 | |
| Hermannsklippe | 3.30 | 19:56 | 6:02 | 14 | 5:02 | 78 | 5:04 | 9.00 | 52:45 | 5:51 | 12 | 13:19 | 84 | 13:20 | |
| Brocken | 3.10 | 24:31 | 7:54 | 8 | 5:31 | 42 | 6:10 | 12.10 | 1:17:16 | 6:23 | 11 | 18:50 | 67 | 19:30 | |
| Eiserner Handwe | 3.60 | 16:41 | 4:38 | 12 | 3:36 | 82 | 4:09 | 15.70 | 1:33:57 | 5:59 | 10 | 21:42 | 64 | 23:39 | |
| Bremer Hütte | 4.10 | 18:23 | 4:29 | 9 | 2:46 | 51 | 3:29 | 19.80 | 1:52:20 | 5:40 | 10 | 24:20 | 60 | 26:51 | |
| Loddenke | 3.10 | 9:40 | 3:07 | 9 | 1:33 | 45 | 1:42 | 22.90 | 2:02:00 | 5:19 | 10 | 25:19 | 58 | 28:33 | |
| Ilseburg/Markt | 3.30 | 13:35 | 4:06 | 8 | 2:06 | 35 | 2:19 | 26.20 | 2:15:35 | 5:10 | 10 | 26:16 | 53 | 30:52 | |