



48. Brockenlauf

Ilseburg / 01.09.2018

□□□□

Aschenbrenner, Jörg

□□: SISU Training

□□: 37

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 2:18:02

□□: 11.30 km/h

□□□□: 5:16 min/km

□□□□□/□□□: 68 (of 506)

□□□□□/□: 65 (of 416)

□□□□□□: 1:44:43

□□□□□: 17(of 58)

□□□□□□□: 1:54:19

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 16:22 | 4:57 | 14 | 2:17 | 46 | 2:56 | 3.30 | 16:22 | 4:57 | 14 | 2:17 | 46 | 2:56 | |
| Bremer Hütte | 2.40 | 13:28 | 5:36 | 10 | 0:57 | 28 | 2:22 | 5.70 | 29:50 | 5:14 | 13 | 3:11 | 40 | 5:18 | |
| Hermannsklippe | 3.30 | 18:45 | 5:40 | 11 | 2:07 | 41 | 3:53 | 9.00 | 48:35 | 5:23 | 13 | 4:57 | 38 | 9:10 | |
| Brocken | 3.10 | 27:48 | 8:58 | 34 | 7:11 | 141 | 9:27 | 12.10 | 1:16:23 | 6:18 | 15 | 12:04 | 58 | 18:37 | |
| Eiserner Handwe | 3.60 | 16:18 | 4:31 | 16 | 3:01 | 68 | 3:46 | 15.70 | 1:32:41 | 5:54 | 15 | 14:40 | 54 | 22:23 | |
| Bremer Hütte | 4.10 | 19:44 | 4:48 | 25 | 4:13 | 97 | 4:50 | 19.80 | 1:52:25 | 5:40 | 16 | 18:53 | 61 | 26:56 | |
| Loddenke | 3.10 | 10:35 | 3:24 | 28 | 2:15 | 103 | 2:37 | 22.90 | 2:03:00 | 5:22 | 17 | 21:08 | 62 | 29:33 | |
| Ilseburg/Markt | 3.30 | 15:02 | 4:33 | 21 | 2:35 | 109 | 3:46 | 26.20 | 2:18:02 | 5:16 | 17 | 23:43 | 65 | 33:19 | |