



48. Brockenlauf

Ilseburg / 01.09.2018

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Studtmann, Martha

□□: LG Hanstedt Wriedel Suderburg
 □□: 406

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Frauen (20-29 Jahre)

□□□: 2:19:08

□□: 11.30 km/h
 □□□□: 5:19 min/km

□□□□□/□□□: 75 (of 506)

□□□□□/□: 4 (of 90)

□□□□□□: 2:00:04

□□□□□: 2(of 11)

□□□□□□□: 2:00:04

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 16:37 | 5:02 | 2 | 1:56 | 3 | 1:56 | 3.30 | 16:37 | 5:02 | 2 | 1:56 | 3 | 1:56 |
| Bremer Hütte | 2.40 | 15:04 | 6:16 | 2 | 2:03 | 6 | 2:03 | 5.70 | 31:41 | 5:33 | 2 | 3:59 | 5 | 3:59 |
| Hermannsklippe | 3.30 | 20:32 | 6:13 | 3 | 2:26 | 6 | 2:26 | 9.00 | 52:13 | 5:48 | 2 | 6:25 | 5 | 6:25 |
| Brocken | 3.10 | 28:25 | 9:09 | 4 | 4:44 | 12 | 4:58 | 12.10 | 1:20:38 | 6:39 | 3 | 11:09 | 6 | 11:09 |
| Eiserner Handwe | 3.60 | 15:42 | 4:21 | 2 | 2:21 | 3 | 2:21 | 15.70 | 1:36:20 | 6:08 | 2 | 13:30 | 4 | 13:30 |
| Bremer Hütte | 4.10 | 18:34 | 4:31 | 2 | 2:08 | 4 | 2:08 | 19.80 | 1:54:54 | 5:48 | 2 | 15:38 | 4 | 15:38 |
| Loddenke | 3.10 | 9:51 | 3:10 | 2 | 1:13 | 4 | 1:13 | 22.90 | 2:04:45 | 5:26 | 2 | 16:51 | 4 | 16:51 |
| Ilseburg/Markt | 3.30 | 14:23 | 4:21 | 2 | 2:13 | 7 | 2:13 | 26.20 | 2:19:08 | 5:18 | 2 | 19:04 | 4 | 19:04 |