



48. Brockenlauf

Ilsenburg / 01.09.2018

□□□□

Schicker, Ilja

□□: Alpenverein Sektion Wernigerode
 □□: 545

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M30 (30-34 Jahre)

□□□: 2:21:01

□□: 11.15 km/h
 □□□□: 5:23 min/km

□□□□□/□□□: 87 (of 506)

□□□□□/□: 83 (of 416)

□□□□□□: 1:44:43

□□□□□: 13(of 45)

□□□□□□□: 1:49:19

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 16:35 | 5:01 | 9 | 3:09 | 55 | 3:09 | 3.30 | 16:35 | 5:01 | 9 | 3:09 | 55 | 3:09 | |
| Bremer Hütte | 2.40 | 14:15 | 5:56 | 10 | 3:09 | 57 | 3:09 | 5.70 | 30:50 | 5:24 | 9 | 6:18 | 54 | 6:18 | |
| Hermannsklippe | 3.30 | 19:34 | 5:55 | 10 | 4:40 | 60 | 4:42 | 9.00 | 50:24 | 5:35 | 9 | 10:58 | 54 | 10:59 | |
| Brocken | 3.10 | 26:20 | 8:29 | 17 | 7:20 | 86 | 7:59 | 12.10 | 1:16:44 | 6:20 | 10 | 18:18 | 61 | 18:58 | |
| Eiserner Handwe | 3.60 | 18:45 | 5:12 | 18 | 5:40 | 173 | 6:13 | 15.70 | 1:35:29 | 6:04 | 12 | 23:14 | 76 | 25:11 | |
| Bremer Hütte | 4.10 | 20:27 | 4:59 | 17 | 4:50 | 122 | 5:33 | 19.80 | 1:55:56 | 5:51 | 13 | 27:56 | 81 | 30:27 | |
| Loddenke | 3.10 | 10:27 | 3:22 | 12 | 2:20 | 89 | 2:29 | 22.90 | 2:06:23 | 5:31 | 13 | 29:42 | 81 | 32:56 | |
| Ilsenburg/Markt | 3.30 | 14:38 | 4:26 | 13 | 3:09 | 80 | 3:22 | 26.20 | 2:21:01 | 5:22 | 13 | 31:42 | 83 | 36:18 | |