



48. Brockenlauf

Ilseburg / 01.09.2018

□□□□

Krocker, Steffen

□□: LG Konradsburg 90

□□: 10

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 2:23:55

□□: 10.84 km/h

□□□□: 5:29 min/km

□□□□□/□□□: 112 (of 506)

□□□□□/□: 104 (of 416)

□□□□□□: 1:44:43

□□□□□: 9(of 72)

□□□□□□□: 2:13:51

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 18:44 | 5:40 | 30 | 3:18 | 171 | 5:18 | 3.30 | 18:44 | 5:40 | 30 | 3:18 | 171 | 5:18 | |
| Bremer Hütte | 2.40 | 15:33 | 6:28 | 17 | 1:37 | 142 | 4:27 | 5.70 | 34:17 | 6:00 | 23 | 3:41 | 154 | 9:45 | |
| Hermannsklippe | 3.30 | 20:52 | 6:19 | 12 | 2:17 | 123 | 6:00 | 9.00 | 55:09 | 6:07 | 19 | 5:58 | 142 | 15:44 | |
| Brocken | 3.10 | 26:59 | 8:42 | 9 | 3:00 | 99 | 8:38 | 12.10 | 1:22:08 | 6:47 | 13 | 8:58 | 122 | 24:22 | |
| Eiserner Handwe | 3.60 | 17:04 | 4:44 | 12 | 1:31 | 99 | 4:32 | 15.70 | 1:39:12 | 6:19 | 13 | 9:37 | 117 | 28:54 | |
| Bremer Hütte | 4.10 | 19:33 | 4:46 | 8 | 1:03 | 91 | 4:39 | 19.80 | 1:58:45 | 5:59 | 11 | 9:58 | 111 | 33:16 | |
| Loddenke | 3.10 | 10:44 | 3:27 | 12 | 1:34 | 118 | 2:46 | 22.90 | 2:09:29 | 5:39 | 11 | 9:17 | 111 | 36:02 | |
| Ilseburg/Markt | 3.30 | 14:26 | 4:22 | 7 | 1:18 | 70 | 3:10 | 26.20 | 2:23:55 | 5:29 | 9 | 10:04 | 104 | 39:12 | |