



# 48. Brockenlauf

Ilseburg / 01.09.2018

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**Brenz, Andreas**

□□: Wernigerode

□□: 72

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 2:26:15

□□: 10.75 km/h

□□□□: 5:35 min/km

□□□□□/□□□: 129 (of 506)

□□□□□/□: 119 (of 416)

□□□□□□: 1:44:43

□□□□□: 14(of 72)

□□□□□□□: 2:13:51

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□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 17:25    | 5:16         | 6       | 1:59    | 80      | 3:59    | 3.30  | 17:25     | 5:16      | 6             | 1:59    | 80      | 3:59    |         |
| Bremer Hütte    | 2.40     | 15:59    | 6:39         | 24      | 2:03    | 168     | 4:53    | 5.70  | 33:24     | 5:51      | 16            | 2:48    | 123     | 8:52    |         |
| Hermannsklippe  | 3.30     | 22:01    | 6:40         | 26      | 3:26    | 187     | 7:09    | 9.00  | 55:25     | 6:09      | 21            | 6:14    | 146     | 16:00   |         |
| Brocken         | 3.10     | 28:36    | 9:13         | 16      | 4:37    | 167     | 10:15   | 12.10 | 1:24:01   | 6:56      | 17            | 10:51   | 154     | 26:15   |         |
| Eiserner Handwe | 3.60     | 16:48    | 4:40         | 9       | 1:15    | 86      | 4:16    | 15.70 | 1:40:49   | 6:25      | 15            | 11:14   | 130     | 30:31   |         |
| Bremer Hütte    | 4.10     | 19:51    | 4:50         | 11      | 1:21    | 102     | 4:57    | 19.80 | 2:00:40   | 6:05      | 15            | 11:53   | 123     | 35:11   |         |
| Loddenke        | 3.10     | 10:27    | 3:22         | 8       | 1:17    | 89      | 2:29    | 22.90 | 2:11:07   | 5:43      | 15            | 10:55   | 121     | 37:40   |         |
| Ilseburg/Markt  | 3.30     | 15:08    | 4:35         | 13      | 2:00    | 120     | 3:52    | 26.20 | 2:26:15   | 5:34      | 14            | 12:24   | 119     | 41:32   |         |