



# 48. Brockenlauf

Ilseburg / 01.09.2018

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## Walgers, Ariën

□□: Dasseler SC  
 □□: 413

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Senioren M50 (50-54 Jahre)

□□□: 2:30:54

□□: 10.34 km/h  
 □□□□: 5:46 min/km

□□□□□/□□□: 163 (of 506)

□□□□□/□: 150 (of 416)

□□□□□□: 1:44:43

□□□□□: 22(of 72)

□□□□□□□: 2:13:51

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 17:44    | 5:22         | 12      | 2:18    | 96      | 4:18    | 3.30  | 17:44     | 5:22          | 12      | 2:18    | 96      | 4:18    |
| Bremer Hütte    | 2.40     | 15:36    | 6:30         | 18      | 1:40    | 147     | 4:30    | 5.70  | 33:20     | 5:50          | 15      | 2:44    | 122     | 8:48    |
| Hermannsklippe  | 3.30     | 21:16    | 6:26         | 16      | 2:41    | 146     | 6:24    | 9.00  | 54:36     | 6:03          | 15      | 5:25    | 129     | 15:11   |
| Brocken         | 3.10     | 29:23    | 9:28         | 21      | 5:24    | 191     | 11:02   | 12.10 | 1:23:59   | 6:56          | 16      | 10:49   | 153     | 26:13   |
| Eiserner Handwe | 3.60     | 18:18    | 5:04         | 25      | 2:45    | 155     | 5:46    | 15.70 | 1:42:17   | 6:30          | 19      | 12:42   | 145     | 31:59   |
| Bremer Hütte    | 4.10     | 21:47    | 5:18         | 28      | 3:17    | 181     | 6:53    | 19.80 | 2:04:04   | 6:15          | 21      | 15:17   | 149     | 38:35   |
| Loddenke        | 3.10     | 11:11    | 3:36         | 20      | 2:01    | 147     | 3:13    | 22.90 | 2:15:15   | 5:54          | 21      | 15:03   | 146     | 41:48   |
| Ilseburg/Markt  | 3.30     | 15:39    | 4:44         | 16      | 2:31    | 151     | 4:23    | 26.20 | 2:30:54   | 5:45          | 22      | 17:03   | 150     | 46:11   |