



# 48. Brockenlauf

Ilseburg / 01.09.2018

□□□□

**Koch, Nadine**

□□: FTSV Heckershausen  
 □□: 215

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Seniorinnen W35 (35-39 Jahre)

□□□: 2:35:11

□□: 10.05 km/h  
 □□□□: 5:55 min/km

□□□□□/□□□: 194 (of 506)

□□□□□/□: 18 (of 90)

□□□□□□: 2:00:04

□□□□□: 1(of 6)

□□□□□□□: 2:35:11

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 18:08    | 5:29         | 1       | -       | 10      | 3:27    | 3.30  | 18:08     | 5:29      | 1             | -       | 10      | 3:27    |         |
| Bremer Hütte    | 2.40     | 16:52    | 7:01         | 1       | -       | 20      | 3:51    | 5.70  | 35:00     | 6:08      | 1             | -       | 14      | 7:18    |         |
| Hermannsklippe  | 3.30     | 22:53    | 6:56         | 1       | -       | 19      | 4:47    | 9.00  | 57:53     | 6:25      | 1             | -       | 18      | 12:05   |         |
| Brocken         | 3.10     | 32:26    | 10:27        | 3       | 0:37    | 34      | 8:59    | 12.10 | 1:30:19   | 7:27      | 1             | -       | 22      | 20:50   |         |
| Eiserner Handwe | 3.60     | 17:27    | 4:50         | 1       | -       | 9       | 4:06    | 15.70 | 1:47:46   | 6:51      | 1             | -       | 18      | 24:56   |         |
| Bremer Hütte    | 4.10     | 21:03    | 5:08         | 1       | -       | 14      | 4:37    | 19.80 | 2:08:49   | 6:30      | 1             | -       | 18      | 29:33   |         |
| Loddenke        | 3.10     | 10:55    | 3:31         | 1       | -       | 12      | 2:17    | 22.90 | 2:19:44   | 6:06      | 1             | -       | 18      | 31:50   |         |
| Ilseburg/Markt  | 3.30     | 15:27    | 4:40         | 1       | -       | 13      | 3:17    | 26.20 | 2:35:11   | 5:55      | 1             | -       | 18      | 35:07   |         |