



48. Brockenlauf

Ilseburg / 01.09.2018

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Wittig, Christian

□□: Wermsdorf
 □□: 433

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M35 (35-39 Jahre)

□□□: 2:36:05

□□: 9.99 km/h
 □□□□: 5:58 min/km

□□□□□/□□□: 201 (of 506)

□□□□□/□: 183 (of 416)

□□□□□□: 1:44:43

□□□□□: 26(of 48)

□□□□□□□: 1:44:43

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 20:42 | 6:16 | 34 | 7:16 | 290 | 7:16 | 3.30 | 20:42 | 6:16 | 34 | 7:16 | 290 | 7:16 |
| Bremer Hütte | 2.40 | 16:37 | 6:55 | 27 | 5:30 | 211 | 5:31 | 5.70 | 37:19 | 6:32 | 31 | 12:46 | 256 | 12:47 |
| Hermannsklippe | 3.30 | 22:27 | 6:48 | 28 | 7:35 | 213 | 7:35 | 9.00 | 59:46 | 6:38 | 30 | 20:21 | 239 | 20:21 |
| Brocken | 3.10 | 29:28 | 9:30 | 26 | 11:07 | 193 | 11:07 | 12.10 | 1:29:14 | 7:22 | 30 | 31:28 | 222 | 31:28 |
| Eiserner Handwe | 3.60 | 18:12 | 5:03 | 19 | 5:40 | 145 | 5:40 | 15.70 | 1:47:26 | 6:50 | 27 | 37:08 | 204 | 37:08 |
| Bremer Hütte | 4.10 | 20:36 | 5:01 | 18 | 5:25 | 129 | 5:42 | 19.80 | 2:08:02 | 6:27 | 26 | 42:33 | 185 | 42:33 |
| Loddenke | 3.10 | 11:12 | 3:36 | 17 | 3:14 | 149 | 3:14 | 22.90 | 2:19:14 | 6:04 | 26 | 45:47 | 179 | 45:47 |
| Ilseburg/Markt | 3.30 | 16:51 | 5:06 | 30 | 5:35 | 230 | 5:35 | 26.20 | 2:36:05 | 5:57 | 26 | 51:22 | 183 | 51:22 |