



# 48. Brockenlauf

Ilseburg / 01.09.2018

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Hirsch, Detlef

□□: TV Dessau 92 e.V.  
 □□: 173

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Senioren M55 (55-59 Jahre)

□□□: 2:37:55

□□: 9.88 km/h  
 □□□□: 6:02 min/km

□□□□□/□□□: 217 (of 506)

□□□□□/□: 198 (of 416)

□□□□□□: 1:44:43

□□□□□: 24(of 52)

□□□□□□□: 2:08:09

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□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 18:53    | 5:43         | 23      | 2:30    | 190     | 5:27    | 3.30  | 18:53     | 5:43          | 23      | 2:30    | 190     | 5:27    |
| Bremer Hütte    | 2.40     | 15:50    | 6:35         | 18      | 1:56    | 161     | 4:44    | 5.70  | 34:43     | 6:05          | 21      | 4:19    | 174     | 10:11   |
| Hermannsklippe  | 3.30     | 21:28    | 6:30         | 20      | 3:00    | 157     | 6:36    | 9.00  | 56:11     | 6:14          | 22      | 7:19    | 167     | 16:46   |
| Brocken         | 3.10     | 27:39    | 8:55         | 14      | 5:16    | 131     | 9:18    | 12.10 | 1:23:50   | 6:55          | 18      | 10:54   | 148     | 26:04   |
| Eiserner Handwe | 3.60     | 18:55    | 5:15         | 22      | 4:42    | 178     | 6:23    | 15.70 | 1:42:45   | 6:32          | 18      | 14:16   | 147     | 32:27   |
| Bremer Hütte    | 4.10     | 24:22    | 5:56         | 38      | 7:05    | 293     | 9:28    | 19.80 | 2:07:07   | 6:25          | 21      | 21:19   | 175     | 41:38   |
| Loddenke        | 3.10     | 13:10    | 4:14         | 39      | 4:13    | 293     | 5:12    | 22.90 | 2:20:17   | 6:07          | 22      | 25:20   | 188     | 46:50   |
| Ilseburg/Markt  | 3.30     | 17:38    | 5:20         | 36      | 4:40    | 268     | 6:22    | 26.20 | 2:37:55   | 6:01          | 24      | 29:46   | 198     | 53:12   |