



# 48. Brockenlauf

Ilseburg / 01.09.2018

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Riemenschneider, Lars

□□: Darlingerode

□□: 505

□□: 26.20 km

26,2 km - Lauf

□□□□:

Männer (20-29 Jahre)

□□□: 2:40:32

□□: 9.72 km/h

□□□□: 6:08 min/km

□□□□□/□□□: 239 (of 506)

□□□□□/□: 218 (of 416)

□□□□□□: 1:44:43

□□□□□: 16(of 29)

□□□□□□□: 1:49:27

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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     | 19:47    | 5:59         | 16      | 6:21    | 240     | 6:21    | 3.30  | 19:47     | 5:59          | 16      | 6:21    | 240     | 6:21    |
| Bremer Hütte    | 2.40     | 16:11    | 6:44         | 16      | 4:56    | 182     | 5:05    | 5.70  | 35:58     | 6:18          | 16      | 11:17   | 211     | 11:26   |
| Hermannsklippe  | 3.30     | 23:40    | 7:10         | 19      | 8:03    | 272     | 8:48    | 9.00  | 59:38     | 6:37          | 16      | 19:20   | 235     | 20:13   |
| Brocken         | 3.10     | 33:10    | 10:41        | 24      | 12:53   | 303     | 14:49   | 12.10 | 1:32:48   | 7:40          | 22      | 32:13   | 270     | 35:02   |
| Eiserner Handwe | 3.60     | 17:44    | 4:55         | 10      | 4:37    | 125     | 5:12    | 15.70 | 1:50:32   | 7:02          | 18      | 36:50   | 241     | 40:14   |
| Bremer Hütte    | 4.10     | 21:11    | 5:10         | 11      | 6:17    | 149     | 6:17    | 19.80 | 2:11:43   | 6:39          | 17      | 43:07   | 222     | 46:14   |
| Loddenke        | 3.10     | 11:29    | 3:42         | 15      | 3:28    | 177     | 3:31    | 22.90 | 2:23:12   | 6:15          | 16      | 46:35   | 212     | 49:45   |
| Ilseburg/Markt  | 3.30     | 17:20    | 5:15         | 19      | 4:57    | 250     | 6:04    | 26.20 | 2:40:32   | 6:07          | 16      | 51:05   | 218     | 55:49   |