



48. Brockenlauf

Ilseburg / 01.09.2018

□□□□

Krug, Christian

□□: Tem Owoc
 □□: 573

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M40 (40-44 Jahre)

□□□: 2:43:22

□□: 9.55 km/h
 □□□□: 6:14 min/km

□□□□□/□□□: 263 (of 506)

□□□□□/□: 237 (of 416)

□□□□□□: 1:44:43

□□□□□: 40(of 58)

□□□□□□□: 1:54:19

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 19:58 | 6:03 | 42 | 5:53 | 251 | 6:32 | 3.30 | 19:58 | 6:03 | 42 | 5:53 | 251 | 6:32 | |
| Bremer Hütte | 2.40 | 16:18 | 6:47 | 38 | 3:47 | 190 | 5:12 | 5.70 | 36:16 | 6:21 | 38 | 9:37 | 219 | 11:44 | |
| Hermannsklippe | 3.30 | 22:11 | 6:43 | 39 | 5:33 | 196 | 7:19 | 9.00 | 58:27 | 6:29 | 38 | 14:49 | 205 | 19:02 | |
| Brocken | 3.10 | 32:08 | 10:21 | 44 | 11:31 | 282 | 13:47 | 12.10 | 1:30:35 | 7:29 | 43 | 26:16 | 242 | 32:49 | |
| Eiserner Handwe | 3.60 | 19:02 | 5:17 | 36 | 5:45 | 186 | 6:30 | 15.70 | 1:49:37 | 6:58 | 41 | 31:36 | 229 | 39:19 | |
| Bremer Hütte | 4.10 | 22:53 | 5:34 | 43 | 7:22 | 238 | 7:59 | 19.80 | 2:12:30 | 6:41 | 40 | 38:58 | 227 | 47:01 | |
| Loddenke | 3.10 | 12:39 | 4:04 | 41 | 4:19 | 261 | 4:41 | 22.90 | 2:25:09 | 6:20 | 40 | 43:17 | 227 | 51:42 | |
| Ilseburg/Markt | 3.30 | 18:13 | 5:31 | 48 | 5:46 | 304 | 6:57 | 26.20 | 2:43:22 | 6:14 | 40 | 49:03 | 237 | 58:39 | |