



# 48. Brockenlauf

Ilseburg / 01.09.2018

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**Karnahl, Eckhard**

□□: Gerbstedt / OT Augsdorf

□□: 198

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M60 (60-64 Jahre)

□□□: 2:46:39

□□: 9.36 km/h

□□□□: 6:22 min/km

□□□□□/□□□: 296 (of 506)

□□□□□/□: 266 (of 416)

□□□□□□: 1:44:43

□□□□□: 7(of 20)

□□□□□□□: 2:24:51

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 18:42    | 5:40         | 4       | 1:07    | 167     | 5:16    | 3.30  | 18:42     | 5:40          | 4       | 1:07    | 167     | 5:16    |
| Bremer Hütte    | 2.40     | 18:39    | 7:46         | 9       | 3:52    | 325     | 7:33    | 5.70  | 37:21     | 6:33          | 7       | 4:59    | 260     | 12:49   |
| Hermannsklippe  | 3.30     | 24:14    | 7:20         | 8       | 3:33    | 300     | 9:22    | 9.00  | 1:01:35   | 6:50          | 7       | 8:32    | 277     | 22:10   |
| Brocken         | 3.10     | 33:24    | 10:46        | 7       | 6:57    | 310     | 15:03   | 12.10 | 1:34:59   | 7:50          | 7       | 15:29   | 289     | 37:13   |
| Eiserner Handwe | 3.60     | 19:20    | 5:22         | 6       | 2:29    | 200     | 6:48    | 15.70 | 1:54:19   | 7:16          | 7       | 17:13   | 278     | 44:01   |
| Bremer Hütte    | 4.10     | 22:04    | 5:22         | 6       | 2:13    | 196     | 7:10    | 19.80 | 2:16:23   | 6:53          | 7       | 17:47   | 261     | 50:54   |
| Loddenke        | 3.10     | 11:51    | 3:49         | 6       | 1:41    | 207     | 3:53    | 22.90 | 2:28:14   | 6:28          | 7       | 18:41   | 258     | 54:47   |
| Ilseburg/Markt  | 3.30     | 18:25    | 5:34         | 10      | 3:34    | 309     | 7:09    | 26.20 | 2:46:39   | 6:21          | 7       | 21:48   | 266     | 1:01:56 |