



48. Brockenlauf

Ilseburg / 01.09.2018

□□□□

Rettig, Jens

□□: Lichtentanne
 □□: 5

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M50 (50-54 Jahre)

□□□: 2:46:45

□□: 9.36 km/h
 □□□□: 6:22 min/km

□□□□□/□□□: 297 (of 506)

□□□□□/□: 267 (of 416)

□□□□□□: 1:44:43

□□□□□: 47(of 72)

□□□□□□□: 2:13:51

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 19:07 | 5:47 | 40 | 3:41 | 204 | 5:41 | 3.30 | 19:07 | 5:47 | 40 | 3:41 | 204 | 5:41 |
| Bremer Hütte | 2.40 | 17:59 | 7:29 | 51 | 4:03 | 296 | 6:53 | 5.70 | 37:06 | 6:30 | 46 | 6:30 | 250 | 12:34 |
| Hermannsklippe | 3.30 | 24:07 | 7:18 | 52 | 5:32 | 296 | 9:15 | 9.00 | 1:01:13 | 6:48 | 50 | 12:02 | 272 | 21:48 |
| Brocken | 3.10 | 31:38 | 10:12 | 42 | 7:39 | 267 | 13:17 | 12.10 | 1:32:51 | 7:40 | 46 | 19:41 | 272 | 35:05 |
| Eiserner Handwe | 3.60 | 20:13 | 5:36 | 41 | 4:40 | 240 | 7:41 | 15.70 | 1:53:04 | 7:12 | 48 | 23:29 | 270 | 42:46 |
| Bremer Hütte | 4.10 | 24:12 | 5:54 | 47 | 5:42 | 287 | 9:18 | 19.80 | 2:17:16 | 6:55 | 47 | 28:29 | 270 | 51:47 |
| Loddenke | 3.10 | 12:00 | 3:52 | 35 | 2:50 | 217 | 4:02 | 22.90 | 2:29:16 | 6:31 | 46 | 29:04 | 266 | 55:49 |
| Ilseburg/Markt | 3.30 | 17:29 | 5:17 | 44 | 4:21 | 258 | 6:13 | 26.20 | 2:46:45 | 6:21 | 47 | 32:54 | 267 | 1:02:02 |