



# 48. Brockenlauf

Ilseburg / 01.09.2018

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**Grosser, Ulrike**

□□: AP Racing Team

□□: 472

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 2:47:07

□□: 9.33 km/h

□□□□: 6:23 min/km

□□□□□/□□□: 301 (of 506)

□□□□□/□: 31 (of 90)

□□□□□□: 2:00:04

□□□□□: 9(of 21)

□□□□□□□: 2:07:12

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:41	5:57	9	3:03	26	5:00	3.30	19:41	5:57	9	3:03	26	5:00	
Bremer Hütte	2.40	19:20	8:03	10	5:34	52	6:19	5.70	39:01	6:50	9	8:37	37	11:19	
Hermannsklippe	3.30	24:47	7:30	8	6:21	38	6:41	9.00	1:03:48	7:05	9	14:58	41	18:00	
Brocken	3.10	33:24	10:46	10	9:57	41	9:57	12.10	1:37:12	8:01	9	24:55	40	27:43	
Eiserner Handwe	3.60	19:23	5:23	7	4:25	26	6:02	15.70	1:56:35	7:25	9	29:20	34	33:45	
Bremer Hütte	4.10	21:20	5:12	3	3:53	17	4:54	19.80	2:17:55	6:57	9	33:13	31	38:39	
Loddenke	3.10	11:41	3:46	7	2:31	28	3:03	22.90	2:29:36	6:31	8	35:44	30	41:42	
Ilseburg/Markt	3.30	17:31	5:18	11	4:11	42	5:21	26.20	2:47:07	6:22	9	39:55	31	47:03	