



48. Brockenlauf

Ilseburg / 01.09.2018

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Emmerich, Katharina

□□: Hannover Runners
 □□: 110

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Frauen (20-29 Jahre)

□□□: 2:50:36

□□: 9.21 km/h
 □□□□: 6:31 min/km

□□□□□/□□□: 324 (of 506)

□□□□□/□: 38 (of 90)

□□□□□□: 2:00:04

□□□□□: 7(of 11)

□□□□□□□: 2:00:04

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 20:22 | 6:10 | 7 | 5:41 | 33 | 5:41 | 3.30 | 20:22 | 6:10 | 7 | 5:41 | 33 | 5:41 |
| Bremer Hütte | 2.40 | 18:25 | 7:40 | 7 | 5:24 | 39 | 5:24 | 5.70 | 38:47 | 6:48 | 7 | 11:05 | 34 | 11:05 |
| Hermannsklippe | 3.30 | 24:54 | 7:32 | 7 | 6:48 | 40 | 6:48 | 9.00 | 1:03:41 | 7:04 | 7 | 17:53 | 39 | 17:53 |
| Brocken | 3.10 | 34:41 | 11:11 | 7 | 11:00 | 47 | 11:14 | 12.10 | 1:38:22 | 8:07 | 7 | 28:53 | 43 | 28:53 |
| Eiserner Handwe | 3.60 | 21:21 | 5:55 | 10 | 8:00 | 50 | 8:00 | 15.70 | 1:59:43 | 7:37 | 7 | 36:53 | 44 | 36:53 |
| Bremer Hütte | 4.10 | 21:24 | 5:13 | 5 | 4:58 | 18 | 4:58 | 19.80 | 2:21:07 | 7:07 | 7 | 41:51 | 35 | 41:51 |
| Loddenke | 3.10 | 11:40 | 3:45 | 7 | 3:02 | 26 | 3:02 | 22.90 | 2:32:47 | 6:40 | 7 | 44:53 | 35 | 44:53 |
| Ilseburg/Markt | 3.30 | 17:49 | 5:23 | 8 | 5:39 | 49 | 5:39 | 26.20 | 2:50:36 | 6:30 | 7 | 50:32 | 38 | 50:32 |