



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

□□: 9.14 km/h
 □□□□: 6:31 min/km

□□□□□/□□□: 324 (of 506)

□□□□□/□: 38 (of 90)

□□□□□□: 2:00:04

□□□□□: 7(of 11)

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□□□	□□ 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