



48. Brockenlauf

Ilseburg / 01.09.2018

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Scharun, Kerstin

□□: Elbingerode

□□: 330

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W50 (50-54 Jahre)

□□□: 2:52:44

□□: 9.03 km/h

□□□□: 6:35 min/km

□□□□□/□□□: 342 (of 506)

□□□□□/□: 41 (of 90)

□□□□□□: 2:00:04

□□□□□: 8(of 16)

□□□□□□□: 2:23:48

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:02	6:04	3	1:14	29	5:21	3.30	20:02	6:04	3	1:14	29	5:21	
Bremer Hütte	2.40	18:06	7:32	6	2:51	33	5:05	5.70	38:08	6:41	4	4:05	28	10:26	
Hermannsklippe	3.30	25:14	7:38	8	4:28	46	7:08	9.00	1:03:22	7:02	7	8:33	37	17:34	
Brocken	3.10	33:56	10:56	9	6:37	45	10:29	12.10	1:37:18	8:02	7	15:10	41	27:49	
Eiserner Handwe	3.60	20:59	5:49	8	3:54	46	7:38	15.70	1:58:17	7:32	7	19:04	39	35:27	
Bremer Hütte	4.10	24:03	5:51	8	4:31	50	7:37	19.80	2:22:20	7:11	8	23:35	44	43:04	
Loddenke	3.10	12:52	4:09	7	2:09	49	4:14	22.90	2:35:12	6:46	8	25:44	43	47:18	
Ilseburg/Markt	3.30	17:32	5:18	8	3:12	43	5:22	26.20	2:52:44	6:35	8	28:56	41	52:40	