



# 48. Brockenlauf

Ilsenburg / 01.09.2018

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Risse, Nicole

□□: Ilsenburg  
□□: 296

□□: 26.20 km  
26,2 km - Lauf

□□□□:  
Seniorinnen W40 (40-44 Jahre)

□□□: 2:53:48

□□: 8.98 km/h  
□□□□: 6:38 min/km

□□□□□/□□□: 346 (of 506)

□□□□□/□: 43 (of 90)

□□□□□□: 2:00:04

□□□□□: 7(of 15)

□□□□□□□: 2:11:37

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:50	6:18	8	5:04	42	6:09	3.30	20:50	6:18	8	5:04	42	6:09
Bremer Hütte	2.40	18:15	7:36	5	4:03	37	5:14	5.70	39:05	6:51	6	9:07	40	11:23
Hermannsklippe	3.30	24:57	7:33	8	5:52	41	6:51	9.00	1:04:02	7:06	8	14:59	44	18:14
Brocken	3.10	31:30	10:09	5	6:48	24	8:03	12.10	1:35:32	7:53	6	21:47	34	26:03
Eiserner Handwe	3.60	20:05	5:34	6	4:15	37	6:44	15.70	1:55:37	7:21	6	26:02	32	32:47
Bremer Hütte	4.10	25:34	6:14	8	7:16	63	9:08	19.80	2:21:11	7:07	7	33:18	38	41:55
Loddenke	3.10	12:47	4:07	7	3:19	44	4:09	22.90	2:33:58	6:43	7	36:37	39	46:04
Ilsenburg/Markt	3.30	19:50	6:00	12	5:34	67	7:40	26.20	2:53:48	6:38	7	42:11	43	53:44