



48. Brockenlauf

Ilseburg / 01.09.2018

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Ritter, Heike

□□: Hurricane Holsen
 □□: 289

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W50 (50-54 Jahre)

□□□: 2:55:08

□□: 8.98 km/h
 □□□□: 6:41 min/km

□□□□□/□□□: 353 (of 506)

□□□□□/□: 46 (of 90)

□□□□□□: 2:00:04

□□□□□: 9(of 16)

□□□□□□□: 2:23:48

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:17	6:26	8	2:29	54	6:36	3.30	21:17	6:26	8	2:29	54	6:36
Bremer Hütte	2.40	19:10	7:59	9	3:55	50	6:09	5.70	40:27	7:05	8	6:24	46	12:45
Hermannsklippe	3.30	24:13	7:20	7	3:27	33	6:07	9.00	1:04:40	7:11	8	9:51	46	18:52
Brocken	3.10	34:44	11:12	10	7:25	50	11:17	12.10	1:39:24	8:12	8	17:16	48	29:55
Eiserner Handwe	3.60	20:54	5:48	6	3:49	43	7:33	15.70	2:00:18	7:39	9	21:05	45	37:28
Bremer Hütte	4.10	24:24	5:57	9	4:52	54	7:58	19.80	2:24:42	7:18	9	25:57	45	45:26
Loddenke	3.10	13:37	4:23	12	2:54	61	4:59	22.90	2:38:19	6:54	9	28:51	47	50:25
Ilseburg/Markt	3.30	16:49	5:05	4	2:29	33	4:39	26.20	2:55:08	6:41	9	31:20	46	55:04