



48. Brockenlauf

Ilseburg / 01.09.2018

□□□□

Erdmann, Gerhard

□□: Rübeland

□□: 12

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M60 (60-64 Jahre)

□□□: 2:57:43

□□: 8.78 km/h

□□□□: 6:47 min/km

□□□□□/□□□: 377 (of 506)

□□□□□/□: 326 (of 416)

□□□□□□: 1:44:43

□□□□□: 11(of 20)

□□□□□□□: 2:24:51

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 21:38 | 6:33 | 12 | 4:03 | 336 | 8:12 | 3.30 | 21:38 | 6:33 | 12 | 4:03 | 336 | 8:12 |
| Bremer Hütte | 2.40 | 19:29 | 8:07 | 12 | 4:42 | 350 | 8:23 | 5.70 | 41:07 | 7:12 | 12 | 8:45 | 345 | 16:35 |
| Hermannsklippe | 3.30 | 26:03 | 7:53 | 13 | 5:22 | 352 | 11:11 | 9.00 | 1:07:10 | 7:27 | 13 | 14:07 | 354 | 27:45 |
| Brocken | 3.10 | 33:49 | 10:54 | 8 | 7:22 | 324 | 15:28 | 12.10 | 1:40:59 | 8:20 | 11 | 21:29 | 348 | 43:13 |
| Eiserner Handwe | 3.60 | 21:24 | 5:56 | 11 | 4:33 | 294 | 8:52 | 15.70 | 2:02:23 | 7:47 | 11 | 25:17 | 337 | 52:05 |
| Bremer Hütte | 4.10 | 23:36 | 5:45 | 9 | 3:45 | 269 | 8:42 | 19.80 | 2:25:59 | 7:22 | 10 | 27:23 | 326 | 1:00:30 |
| Loddenke | 3.10 | 12:46 | 4:07 | 10 | 2:36 | 271 | 4:48 | 22.90 | 2:38:45 | 6:55 | 11 | 29:12 | 325 | 1:05:18 |
| Ilseburg/Markt | 3.30 | 18:58 | 5:44 | 14 | 4:07 | 334 | 7:42 | 26.20 | 2:57:43 | 6:46 | 11 | 32:52 | 326 | 1:13:00 |