



48. Brockenlauf

Ilseburg / 01.09.2018

□□□□

Nierste, Rüdiger

□□: Hurricane Holsen
 □□: 271

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M50 (50-54 Jahre)

□□□: 3:01:25

□□: 8.60 km/h
 □□□□: 6:55 min/km

□□□□□/□□□: 400 (of 506)

□□□□□/□: 344 (of 416)

□□□□□□: 1:44:43

□□□□□: 58(of 72)

□□□□□□□: 2:13:51

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 19:54 | 6:01 | 46 | 4:28 | 245 | 6:28 | 3.30 | 19:54 | 6:01 | 46 | 4:28 | 245 | 6:28 |
| Bremer Hütte | 2.40 | 17:54 | 7:27 | 50 | 3:58 | 293 | 6:48 | 5.70 | 37:48 | 6:37 | 52 | 7:12 | 272 | 13:16 |
| Hermannsklippe | 3.30 | 24:05 | 7:17 | 51 | 5:30 | 295 | 9:13 | 9.00 | 1:01:53 | 6:52 | 52 | 12:42 | 283 | 22:28 |
| Brocken | 3.10 | 33:24 | 10:46 | 55 | 9:25 | 310 | 15:03 | 12.10 | 1:35:17 | 7:52 | 52 | 22:07 | 295 | 37:31 |
| Eiserner Handwe | 3.60 | 20:14 | 5:37 | 42 | 4:41 | 242 | 7:42 | 15.70 | 1:55:31 | 7:21 | 50 | 25:56 | 287 | 45:13 |
| Bremer Hütte | 4.10 | 29:52 | 7:17 | 66 | 11:22 | 388 | 14:58 | 19.80 | 2:25:23 | 7:20 | 55 | 36:36 | 321 | 59:54 |
| Loddenke | 3.10 | 16:57 | 5:28 | 69 | 7:47 | 393 | 8:59 | 22.90 | 2:42:20 | 7:05 | 58 | 42:08 | 344 | 1:08:53 |
| Ilseburg/Markt | 3.30 | 19:05 | 5:46 | 57 | 5:57 | 339 | 7:49 | 26.20 | 3:01:25 | 6:55 | 58 | 47:34 | 344 | 1:16:42 |