



48. Brockenlauf

Ilseburg / 01.09.2018

□□□□

Lange, Frank

□□: Kirchengemeinde Fredenbeck
 □□: 236

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M50 (50-54 Jahre)

□□□: 3:02:14

□□: 8.56 km/h
 □□□□: 6:58 min/km

□□□□□/□□□: 404 (of 506)

□□□□□/□: 348 (of 416)

□□□□□□: 1:44:43

□□□□□: 59(of 72)

□□□□□□□: 2:13:51

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 22:13 | 6:43 | 64 | 6:47 | 358 | 8:47 | 3.30 | 22:13 | 6:43 | 64 | 6:47 | 358 | 8:47 |
| Bremer Hütte | 2.40 | 19:30 | 8:07 | 62 | 5:34 | 354 | 8:24 | 5.70 | 41:43 | 7:19 | 61 | 11:07 | 353 | 17:11 |
| Hermannsklippe | 3.30 | 24:40 | 7:28 | 55 | 6:05 | 314 | 9:48 | 9.00 | 1:06:23 | 7:22 | 60 | 17:12 | 340 | 26:58 |
| Brocken | 3.10 | 33:06 | 10:40 | 54 | 9:07 | 302 | 14:45 | 12.10 | 1:39:29 | 8:13 | 58 | 26:19 | 337 | 41:43 |
| Eiserner Handwe | 3.60 | 28:01 | 7:46 | 70 | 12:28 | 401 | 15:29 | 15.70 | 2:07:30 | 8:07 | 62 | 37:55 | 365 | 57:12 |
| Bremer Hütte | 4.10 | 24:56 | 6:04 | 53 | 6:26 | 321 | 10:02 | 19.80 | 2:32:26 | 7:41 | 61 | 43:39 | 359 | 1:06:57 |
| Loddenke | 3.10 | 13:02 | 4:12 | 46 | 3:52 | 284 | 5:04 | 22.90 | 2:45:28 | 7:13 | 60 | 45:16 | 356 | 1:12:01 |
| Ilseburg/Markt | 3.30 | 16:46 | 5:04 | 35 | 3:38 | 220 | 5:30 | 26.20 | 3:02:14 | 6:57 | 59 | 48:23 | 349 | 1:17:31 |