



48. Brockenlauf

Ilseburg / 01.09.2018

□□□□

Reich, Steffi

□□: Blau Weiß Hettstedt
 □□: 301

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W50 (50-54 Jahre)

□□□: 3:02:24

□□: 8.55 km/h
 □□□□: 6:58 min/km

□□□□□/□□□: 405 (of 506)

□□□□□/□: 57 (of 90)

□□□□□□: 2:00:04

□□□□□: 10(of 16)

□□□□□□□: 2:23:48

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 23:44 | 7:11 | 11 | 4:56 | 68 | 9:03 | 3.30 | 23:44 | 7:11 | 11 | 4:56 | 68 | 9:03 |
| Bremer Hütte | 2.40 | 20:16 | 8:26 | 10 | 5:01 | 62 | 7:15 | 5.70 | 44:00 | 7:43 | 10 | 9:57 | 65 | 16:18 |
| Hermannsklippe | 3.30 | 26:36 | 8:03 | 10 | 5:50 | 53 | 8:30 | 9.00 | 1:10:36 | 7:50 | 10 | 15:47 | 63 | 24:48 |
| Brocken | 3.10 | 34:51 | 11:14 | 11 | 7:32 | 51 | 11:24 | 12.10 | 1:45:27 | 8:42 | 10 | 23:19 | 58 | 35:58 |
| Eiserner Handwe | 3.60 | 20:57 | 5:49 | 7 | 3:52 | 45 | 7:36 | 15.70 | 2:06:24 | 8:03 | 10 | 27:11 | 57 | 43:34 |
| Bremer Hütte | 4.10 | 25:11 | 6:08 | 13 | 5:39 | 61 | 8:45 | 19.80 | 2:31:35 | 7:39 | 10 | 32:50 | 57 | 52:19 |
| Loddenke | 3.10 | 12:57 | 4:10 | 8 | 2:14 | 51 | 4:19 | 22.90 | 2:44:32 | 7:11 | 10 | 35:04 | 57 | 56:38 |
| Ilseburg/Markt | 3.30 | 17:52 | 5:24 | 10 | 3:32 | 51 | 5:42 | 26.20 | 3:02:24 | 6:57 | 10 | 38:36 | 57 | 1:02:20 |