



48. Brockenlauf

Ilseburg / 01.09.2018

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Bartenschlager, Marko

□□: Hamburg

□□: 44

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 3:08:54

□□: 8.32 km/h

□□□□: 7:13 min/km

□□□□□/□□□: 422 (of 506)

□□□□□/□: 360 (of 416)

□□□□□□: 1:44:43

□□□□□: 62(of 72)

□□□□□□□: 2:13:51

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 21:52 | 6:37 | 62 | 6:26 | 341 | 8:26 | 3.30 | 21:52 | 6:37 | 62 | 6:26 | 341 | 8:26 | |
| Bremer Hütte | 2.40 | 20:09 | 8:23 | 63 | 6:13 | 363 | 9:03 | 5.70 | 42:01 | 7:22 | 63 | 11:25 | 359 | 17:29 | |
| Hermannsklippe | 3.30 | 26:36 | 8:03 | 63 | 8:01 | 360 | 11:44 | 9.00 | 1:08:37 | 7:37 | 63 | 19:26 | 365 | 29:12 | |
| Brocken | 3.10 | 36:57 | 11:55 | 63 | 12:58 | 375 | 18:36 | 12.10 | 1:45:34 | 8:43 | 64 | 32:24 | 368 | 47:48 | |
| Eiserner Handwe | 3.60 | 22:28 | 6:14 | 59 | 6:55 | 330 | 9:56 | 15.70 | 2:08:02 | 8:09 | 63 | 38:27 | 366 | 57:44 | |
| Bremer Hütte | 4.10 | 27:33 | 6:43 | 62 | 9:03 | 369 | 12:39 | 19.80 | 2:35:35 | 7:51 | 63 | 46:48 | 367 | 1:10:06 | |
| Loddenke | 3.10 | 14:18 | 4:36 | 58 | 5:08 | 345 | 6:20 | 22.90 | 2:49:53 | 7:25 | 63 | 49:41 | 366 | 1:16:26 | |
| Ilseburg/Markt | 3.30 | 19:01 | 5:45 | 56 | 5:53 | 337 | 7:45 | 26.20 | 3:08:54 | 7:12 | 62 | 55:03 | 361 | 1:24:11 | |