



# 48. Brockenlauf

Ilseburg / 01.09.2018

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Rathke, Klaus

□□: Wernigerode

□□: 19

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M60 (60-64 Jahre)

□□□: 3:09:02

□□: 8.25 km/h

□□□□: 7:13 min/km

□□□□□/□□□: 424 (of 506)

□□□□□/□: 361 (of 416)

□□□□□□: 1:44:43

□□□□□: 15(of 20)

□□□□□□□: 2:24:51

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□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:12	6:25	10	3:37	307	7:46	3.30	21:12	6:25	10	3:37	307	7:46
Bremer Hütte	2.40	17:39	7:21	7	2:52	281	6:33	5.70	38:51	6:48	9	6:29	301	14:19
Hermannsklippe	3.30	23:32	7:07	7	2:51	267	8:40	9.00	1:02:23	6:55	8	9:20	290	22:58
Brocken	3.10	34:43	11:11	12	8:16	340	16:22	12.10	1:37:06	8:01	8	17:36	309	39:20
Eiserner Handwe	3.60	24:05	6:41	17	7:14	371	11:33	15.70	2:01:11	7:43	9	24:05	326	50:53
Bremer Hütte	4.10	27:44	6:45	16	7:53	372	12:50	19.80	2:28:55	7:31	12	30:19	346	1:03:26
Loddenke	3.10	16:46	5:24	17	6:36	390	8:48	22.90	2:45:41	7:14	15	36:08	357	1:12:14
Ilseburg/Markt	3.30	23:21	7:04	18	8:30	392	12:05	26.20	3:09:02	7:12	15	44:11	362	1:24:19