



48. Brockenlauf

Ilseburg / 01.09.2018

□□□□

Schrader, Anja

□□: Reesen

□□: 360

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 3:11:44

□□: 8.14 km/h

□□□□: 7:19 min/km

□□□□□/□□□: 434 (of 506)

□□□□□/□: 65 (of 90)

□□□□□□: 2:00:04

□□□□□: 14(of 21)

□□□□□□□: 2:07:12

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:18	6:45	14	5:40	60	7:37	3.30	22:18	6:45	14	5:40	60	7:37	
Bremer Hütte	2.40	22:36	9:25	20	8:50	83	9:35	5.70	44:54	7:52	17	14:30	69	17:12	
Hermannsklippe	3.30	29:02	8:47	19	10:36	78	10:56	9.00	1:13:56	8:12	17	25:06	72	28:08	
Brocken	3.10	37:09	11:59	13	13:42	66	13:42	12.10	1:51:05	9:10	16	38:48	73	41:36	
Eiserner Handwe	3.60	22:22	6:12	13	7:24	61	9:01	15.70	2:13:27	8:30	15	46:12	68	50:37	
Bremer Hütte	4.10	25:49	6:17	18	8:22	68	9:23	19.80	2:39:16	8:02	16	54:34	67	1:00:00	
Loddenke	3.10	13:23	4:19	14	4:13	54	4:45	22.90	2:52:39	7:32	14	58:47	65	1:04:45	
Ilseburg/Markt	3.30	19:05	5:46	14	5:45	61	6:55	26.20	3:11:44	7:19	14	1:04:32	65	1:11:40	