



48. Brockenlauf

Ilseburg / 01.09.2018

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Domine, Ute

□□: Vegan Runners Magdeburg
 □□: 92

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W50 (50-54 Jahre)

□□□: 3:11:45

□□: 8.14 km/h
 □□□□: 7:19 min/km

□□□□□/□□□: 436 (of 506)

□□□□□/□: 67 (of 90)

□□□□□□: 2:00:04

□□□□□: 12(of 16)

□□□□□□□: 2:23:48

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:17	6:45	10	3:29	59	7:36	3.30	22:17	6:45	10	3:29	59	7:36	
Bremer Hütte	2.40	22:37	9:25	16	7:22	84	9:36	5.70	44:54	7:52	12	10:51	69	17:12	
Hermannsklippe	3.30	29:02	8:47	14	8:16	78	10:56	9.00	1:13:56	8:12	12	19:07	72	28:08	
Brocken	3.10	37:09	11:59	12	9:50	66	13:42	12.10	1:51:05	9:10	12	28:57	73	41:36	
Eiserner Handwe	3.60	22:23	6:13	13	5:18	62	9:02	15.70	2:13:28	8:30	12	34:15	70	50:38	
Bremer Hütte	4.10	25:48	6:17	14	6:16	66	9:22	19.80	2:39:16	8:02	12	40:31	67	1:00:00	
Loddenke	3.10	13:24	4:19	9	2:41	55	4:46	22.90	2:52:40	7:32	12	43:12	67	1:04:46	
Ilseburg/Markt	3.30	19:05	5:46	12	4:45	61	6:55	26.20	3:11:45	7:19	12	47:57	67	1:11:41	