



48. Brockenlauf

Ilseburg / 01.09.2018

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Schmidt, Katrin

□□: Ihleläufer Burg

□□: 344

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 3:11:44

□□: 8.20 km/h

□□□□: 7:19 min/km

□□□□□/□□□: 435 (of 506)

□□□□□/□: 65 (of 90)

□□□□□□: 2:00:04

□□□□□: 14(of 21)

□□□□□□□: 2:07:12

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□□□	□□ 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	22:35	9:24	19	8:49	82	9:34	5.70	44:53	7:52	16	14:29	68	17:11	
Hermannsklippe	3.30	29:03	8:48	20	10:37	80	10:57	9.00	1:13:56	8:12	17	25:06	72	28:08	
Brocken	3.10	37:08	11:58	12	13:41	64	13:41	12.10	1:51:04	9:10	15	38:47	72	41:35	
Eiserner Handwe	3.60	22:23	6:13	14	7:25	62	9:02	15.70	2:13:27	8:30	15	46:12	68	50:37	
Bremer Hütte	4.10	25:48	6:17	17	8:21	66	9:22	19.80	2:39:15	8:02	15	54:33	66	59:59	
Loddenke	3.10	13:24	4:19	15	4:14	55	4:46	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	