



48. Brockenlauf

Ilseburg / 01.09.2018

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Morgenstern, Heidi

□□: DAV Zittau
 □□: 241

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W55 (55-59 Jahre)

□□□: 3:22:20

□□: 7.71 km/h
 □□□□: 7:43 min/km

□□□□□/□□□□: 462 (of 506)

□□□□□/□: 77 (of 90)

□□□□□□: 2:00:04

□□□□□: 5(of 6)

□□□□□□□: 2:42:54

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 24:16 | 7:21 | 6 | 4:42 | 80 | 9:35 | 3.30 | 24:16 | 7:21 | 6 | 4:42 | 80 | 9:35 |
| Bremer Hütte | 2.40 | 21:23 | 8:54 | 6 | 3:39 | 69 | 8:22 | 5.70 | 45:39 | 8:00 | 6 | 8:21 | 76 | 17:57 |
| Hermannsklippe | 3.30 | 28:32 | 8:38 | 6 | 5:24 | 72 | 10:26 | 9.00 | 1:14:11 | 8:14 | 6 | 13:45 | 76 | 28:23 |
| Brocken | 3.10 | 36:35 | 11:48 | 4 | 6:50 | 63 | 13:08 | 12.10 | 1:50:46 | 9:09 | 6 | 20:35 | 71 | 41:17 |
| Eiserner Handwe | 3.60 | 23:39 | 6:34 | 5 | 4:04 | 70 | 10:18 | 15.70 | 2:14:25 | 8:33 | 6 | 24:32 | 73 | 51:35 |
| Bremer Hütte | 4.10 | 29:24 | 7:10 | 5 | 6:36 | 80 | 12:58 | 19.80 | 2:43:49 | 8:16 | 6 | 31:08 | 74 | 1:04:33 |
| Loddenke | 3.10 | 16:39 | 5:22 | 5 | 4:15 | 79 | 8:01 | 22.90 | 3:00:28 | 7:52 | 6 | 35:23 | 75 | 1:12:34 |
| Ilseburg/Markt | 3.30 | 21:52 | 6:37 | 5 | 4:22 | 80 | 9:42 | 26.20 | 3:22:20 | 7:43 | 5 | 39:26 | 77 | 1:22:16 |