



# 48. Brockenlauf

Ilseburg / 01.09.2018

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**Bramsen, Johnnie**

□□: Kolding Motion

□□: 69

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W60 (60-64 Jahre)

□□□: 3:34:30

□□: 7.27 km/h

□□□□: 8:11 min/km

□□□□□/□□□: 477 (of 506)

□□□□□/□: 84 (of 90)

□□□□□□: 2:00:04

□□□□□: 2(of 4)

□□□□□□□: 3:28:00

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□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 23:57    | 7:15         | 1       | -       | 78      | 9:16    | 3.30  | 23:57     | 7:15      | 1             | -       | 78      | 9:16    |         |
| Bremer Hütte    | 2.40     | 22:21    | 9:18         | 2       | 1:58    | 76      | 9:20    | 5.70  | 46:18     | 8:07      | 2             | 1:12    | 82      | 18:36   |         |
| Hermannsklippe  | 3.30     | 29:23    | 8:54         | 2       | 1:34    | 83      | 11:17   | 9.00  | 1:15:41   | 8:24      | 3             | 18:46   | 84      | 29:53   |         |
| Brocken         | 3.10     | 41:59    | 13:32        | 3       | 6:46    | 84      | 18:32   | 12.10 | 1:57:40   | 9:43      | 3             | 23:37   | 84      | 48:11   |         |
| Eiserner Handwe | 3.60     | 24:25    | 6:46         | 1       | -       | 79      | 11:04   | 15.70 | 2:22:05   | 9:02      | 2             | 7:46    | 84      | 59:15   |         |
| Bremer Hütte    | 4.10     | 31:13    | 7:36         | 2       | 0:24    | 86      | 14:47   | 19.80 | 2:53:18   | 8:45      | 2             | 6:23    | 84      | 1:14:02 |         |
| Loddenke        | 3.10     | 16:45    | 5:24         | 1       | -       | 80      | 8:07    | 22.90 | 3:10:03   | 8:17      | 2             | 4:48    | 84      | 1:22:09 |         |
| Ilseburg/Markt  | 3.30     | 24:27    | 7:24         | 2       | 1:42    | 86      | 12:17   | 26.20 | 3:34:30   | 8:11      | 2             | 6:30    | 84      | 1:34:26 |         |