



42. Brockenlauf
Ilseburg / 01.09.2012

□□□□

Lenk, Alexander

□□: Poing

□□: 148

Enduro Long Men

□□□□:

Senioren M30 (30-34 Jahre)

□□□: 2:39:08

□□: - km/h

□□□□: 6:04 min/km

□□□□□/□□□: 248 (of 426)

□□□□□/□: 229 (of 371)

□□□□□□: 1:42:20

□□□□□: 22(of 28)

□□□□□□□: 1:53:46

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|---------|------|---------|---------|---------|---------|
| Loddenke | 3.30 | 18:44 | 5:40 | 20 | 4:37 | 182 | 6:18 | 3.30 | 18:44 | 5:40 | 8 | 1:43 | 192 | 6:18 |
| Schlüsie | 3.10 | 20:36 | 6:38 | 22 | 4:59 | 212 | 7:10 | 6.40 | 39:20 | 6:08 | 8 | 3:23 | 229 | 13:28 |
| Hermannsklippe | 2.60 | 18:38 | 7:09 | 25 | 5:06 | 220 | 6:53 | 9.00 | 57:58 | 6:26 | 8 | 5:00 | 229 | 20:21 |
| Brocken | 3.10 | 31:29 | 10:09 | 25 | 10:45 | 260 | 13:23 | 12.10 | 1:29:27 | 7:23 | 8 | 7:20 | 229 | 33:44 |
| Eiserner Handwe | 3.60 | 18:23 | 5:06 | 18 | 5:10 | 184 | 6:25 | 15.70 | 1:47:50 | 6:52 | 8 | 7:07 | 229 | 39:27 |
| Schlüsie | 4.10 | 17:42 | 4:19 | 19 | 5:02 | 203 | 5:46 | 19.80 | 2:05:32 | 6:20 | 8 | 7:59 | 229 | 44:34 |
| Loddenke | 3.10 | 15:17 | 4:55 | 23 | 4:26 | 249 | 5:04 | 22.90 | 2:20:49 | 6:08 | 8 | 9:00 | 229 | 49:38 |
| Ilseburg/Markt | 3.30 | 18:19 | 5:33 | 26 | 6:27 | 308 | 7:10 | - | 2:39:08 | - | 22 | 45:22 | 229 | 56:48 |