



42. Brockenlauf
Ilsenburg / 01.09.2012

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Ölmann, M

□□: LT Langelsheim

□□: 433

Enduro Long Men

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 2:47:48

□□: - km/h

□□□□: 6:24 min/km

□□□□□/□□□: 307 (of 426)

□□□□□/□: 277 (of 371)

□□□□□□: 1:42:20

□□□□□: 47(of 58)

□□□□□□□: 1:45:17

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:36	5:56	40	7:04	228	7:10	3.30	19:36	5:56	18			213	7:10
Schlüsie	3.10	20:57	6:45	44	6:51	240	7:31	6.40	40:33	6:20	18			274	14:41
Hermannsklippe	2.60	19:42	7:34	49	7:13	273	7:57	9.00	1:00:15	6:41	18			277	22:38
Brocken	3.10	30:20	9:47	40	10:21	222	12:14	12.10	1:30:35	7:29	18			277	34:52
Eiserner Handwe	3.60	21:35	5:59	49	9:37	302	9:37	15.70	1:52:10	7:08	18			277	43:47
Schlüsie	4.10	20:18	4:57	49	8:22	294	8:22	19.80	2:12:28	6:41	18			277	51:30
Loddenke	3.10	16:48	5:25	52	6:22	312	6:35	22.90	2:29:16	6:31	18	0:48		272	58:05
Ilsenburg/Markt	3.30	18:32	5:36	51	6:46	312	7:23	-	2:47:48	-	47	1:02:31		277	1:05:28