



42. Brockenlauf
Ilseburg / 01.09.2012

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Gnoyke, Björn

□□: Team Erdinger Alkoholfrei
□□: 30

Enduro Long Men

□□□□:
Senioren M40 (40-44 Jahre)

□□□: 2:48:52

□□: - km/h
□□□□: 6:27 min/km

□□□□□/□□□: 313 (of 426)

□□□□□/□: 281 (of 371)

□□□□□□: 1:42:20

□□□□□: 48(of 58)

□□□□□□□: 1:45:17

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:22	5:52	37	6:50	211	6:56	3.30	19:22	5:52	4			171	6:56
Schlüsie	3.10	20:09	6:29	32	6:03	186	6:43	6.40	39:31	6:10	9			233	13:39
Hermannsklippe	2.60	19:26	7:28	46	6:57	260	7:41	9.00	58:57	6:33	19			248	21:20
Brocken	3.10	32:12	10:23	49	12:13	278	14:06	12.10	1:31:09	7:31	19			281	35:26
Eiserner Handwe	3.60	25:02	6:57	57	13:04	354	13:04	15.70	1:56:11	7:24	19	3:27		281	47:48
Schlüsie	4.10	21:20	5:12	52	9:24	318	9:24	19.80	2:17:31	6:56	19	5:01		281	56:33
Loddenke	3.10	15:35	5:01	43	5:09	265	5:22	22.90	2:33:06	6:41	19	4:38		281	1:01:55
Ilseburg/Markt	3.30	15:46	4:46	33	4:00	194	4:37	-	2:48:52	-	48	1:03:35		281	1:06:32