



43. Brockenlauf

Ilseburg / 07.09.2013

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Fischer, Rüdiger

□□: BSG Sparkasse Schaumburg
 □□: 369

Enduro Long Men

□□□□:
 Senioren M50 (50-54 Jahre)

□□□: 2:25:13

□□: - km/h
 □□□□: 5:32 min/km

□□□□□/□□□: 119 (of 456)

□□□□□/□: 112 (of 399)

□□□□□□: 1:39:03

□□□□□: 15(of 63)

□□□□□□□: 2:02:34

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	18:13	5:31	23	3:25	146	5:42	3.30	18:13	5:31	47	-	-	112	5:38
Schlüsie	3.10	18:33	5:59	18	2:12	98	5:11	6.40	36:46	5:44	47	-	-	112	10:46
Hermannsklippe	2.60	16:32	6:21	14	2:15	95	4:59	9.00	53:18	5:55	47	-	-	97	15:38
Brocken	3.10	26:56	8:41	7	4:01	82	8:55	12.10	1:20:14	6:37	47	-	-	112	24:10
Eiserner Handwe	3.60	17:27	4:50	20	2:44	130	5:24	15.70	1:37:41	6:13	47	-	-	112	29:31
Schlüsie	4.10	16:12	3:57	10	2:28	90	5:14	19.80	1:53:53	5:45	47	-	-	112	34:45
Loddenke	3.10	14:46	4:45	26	3:01	172	5:22	22.90	2:08:39	5:37	47	-	-	112	40:07
Ilseburg/Markt	3.30	16:34	5:01	27	3:26	176	6:03	-	2:25:13	-	15	22:39	-	112	46:10