



43. Brockenlauf

Ilseburg / 07.09.2013

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Zillmann, Uwe

□□: Braunschweig

□□: 443

Enduro Long Men

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 2:26:35

□□: - km/h

□□□□: 5:35 min/km

□□□□□/□□□: 128 (of 456)

□□□□□/□: 121 (of 399)

□□□□□□: 1:39:03

□□□□□: 25(of 99)

□□□□□□□: 2:00:26

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 21:07 | 6:23 | 74 | 6:55 | 301 | 8:36 | 3.30 | 21:07 | 6:23 | 52 | - | 121 | 8:32 |
| Schlüsie | 3.10 | 18:56 | 6:06 | 23 | 2:52 | 112 | 5:34 | 6.40 | 40:03 | 6:15 | 52 | - | 121 | 14:03 |
| Hermannsklippe | 2.60 | 15:51 | 6:05 | 12 | 1:36 | 63 | 4:18 | 9.00 | 55:54 | 6:12 | 52 | - | 121 | 18:14 |
| Brocken | 3.10 | 25:55 | 8:21 | 13 | 3:17 | 63 | 7:54 | 12.10 | 1:21:49 | 6:45 | 52 | - | 121 | 25:45 |
| Eiserner Handwe | 3.60 | 18:02 | 5:00 | 40 | 3:39 | 157 | 5:59 | 15.70 | 1:39:51 | 6:21 | 52 | - | 121 | 31:41 |
| Schlüsie | 4.10 | 17:46 | 4:19 | 40 | 3:46 | 166 | 6:48 | 19.80 | 1:57:37 | 5:56 | 52 | - | 121 | 38:29 |
| Loddenke | 3.10 | 14:03 | 4:31 | 30 | 2:54 | 124 | 4:39 | 22.90 | 2:11:40 | 5:44 | 52 | - | 121 | 43:08 |
| Ilseburg/Markt | 3.30 | 14:55 | 4:31 | 21 | 2:48 | 93 | 4:24 | - | 2:26:35 | - | 25 | 26:09 | 121 | 47:32 |