



43. Brockenlauf

Ilseburg / 07.09.2013

□□□□

Joppe, Holger

□□: TSV Hilwartshausen
 □□: 251

Enduro Long Men

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 2:29:52

□□: - km/h
 □□□□: 5:43 min/km

□□□□□/□□□: 148 (of 456)

□□□□□/□: 140 (of 399)

□□□□□□: 1:39:03

□□□□□: 30(of 99)

□□□□□□□: 2:00:26

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:28	5:53	45	5:16	201	6:57	3.30	19:28	5:53	14	-	-	140	6:53
Schlüsie	3.10	21:08	6:49	53	5:04	222	7:46	6.40	40:36	6:20	96	-	-	140	14:36
Hermannsklippe	2.60	18:16	7:01	39	4:01	181	6:43	9.00	58:52	6:32	96	-	-	140	21:12
Brocken	3.10	30:16	9:45	37	7:38	173	12:15	12.10	1:29:08	7:21	96	-	-	140	33:04
Eiserner Handwe	3.60	16:56	4:42	24	2:33	99	4:53	15.70	1:46:04	6:45	96	-	-	140	37:54
Schlüsie	4.10	16:24	4:00	21	2:24	100	5:26	19.80	2:02:28	6:11	96	-	-	140	43:20
Loddenke	3.10	12:52	4:09	13	1:43	60	3:28	22.90	2:15:20	5:54	96	-	-	140	46:48
Ilseburg/Markt	3.30	14:32	4:24	15	2:25	70	4:01	-	2:29:52	-	30	29:26	-	140	50:49