



# 43. Brockenlauf

Ilseburg / 07.09.2013

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**Nolle, Timo**

□□: Alpin Club Kassel  
 □□: 284

Enduro Long Men

□□□□:  
 Senioren M30 (30-34 Jahre)

□□□: 2:41:58

□□: - km/h  
 □□□□: 6:11 min/km

□□□□□/□□□: 230 (of 456)

□□□□□/□: 211 (of 399)

□□□□□□: 1:39:03

□□□□□: 24(of 32)

□□□□□□□: 1:39:03

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□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 20:16    | 6:08         | 27      | 7:41    | 252     | 7:45    | 3.30  | 20:16     | 6:08      | 10            | 0:47    | 204     | 7:41    |         |
| Schlüsie        | 3.10     | 21:29    | 6:55         | 26      | 8:04    | 243     | 8:07    | 6.40  | 41:45     | 6:31      | 10            | 2:42    | 211     | 15:45   |         |
| Hermannsklippe  | 2.60     | 19:35    | 7:31         | 25      | 7:55    | 237     | 8:02    | 9.00  | 1:01:20   | 6:48      | 10            | 4:29    | 211     | 23:40   |         |
| Brocken         | 3.10     | 31:02    | 10:00        | 20      | 12:38   | 196     | 13:01   | 12.10 | 1:32:22   | 7:38      | 10            | 5:03    | 211     | 36:18   |         |
| Eiserner Handwe | 3.60     | 19:16    | 5:21         | 23      | 7:10    | 212     | 7:13    | 15.70 | 1:51:38   | 7:06      | 10            | 5:05    | 211     | 43:28   |         |
| Schlüsie        | 4.10     | 19:14    | 4:41         | 23      | 8:16    | 232     | 8:16    | 19.80 | 2:10:52   | 6:36      | 10            | 5:57    | 211     | 51:44   |         |
| Loddenke        | 3.10     | 14:36    | 4:42         | 17      | 5:12    | 162     | 5:12    | 22.90 | 2:25:28   | 6:21      | 10            | 6:08    | 211     | 56:56   |         |
| Ilseburg/Markt  | 3.30     | 16:30    | 5:00         | 17      | 5:59    | 171     | 5:59    | -     | 2:41:58   | -         | 24            | 1:02:55 | 211     | 1:02:55 |         |