



# 43. Brockenlauf

Ilseburg / 07.09.2013

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Albrecht, Frank

□□: Menden  
 □□: 299

Enduro Long Men

□□□□:  
 Senioren M50 (50-54 Jahre)

□□□: 2:48:37

□□: - km/h  
 □□□□: 6:26 min/km

□□□□□/□□□: 280 (of 456)

□□□□□/□: 253 (of 399)

□□□□□□: 1:39:03

□□□□□: 41(of 63)

□□□□□□□: 2:02:34

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:41	5:57	36	4:53	218	7:10	3.30	19:41	5:57	10	-	253	7:06
Schlüsie	3.10	20:15	6:31	32	3:54	187	6:53	6.40	39:56	6:14	10	-	203	13:56
Hermannsklippe	2.60	17:45	6:49	26	3:28	151	6:12	9.00	57:41	6:24	10	-	89	20:01
Brocken	3.10	32:00	10:19	35	9:05	231	13:59	12.10	1:29:41	7:24	10	-	253	33:37
Eiserner Handwe	3.60	20:25	5:40	40	5:42	255	8:22	15.70	1:50:06	7:00	10	-	253	41:56
Schlüsie	4.10	22:14	5:25	50	8:30	321	11:16	19.80	2:12:20	6:41	10	-	253	53:12
Loddenke	3.10	16:55	5:27	44	5:10	280	7:31	22.90	2:29:15	6:31	10	-	253	1:00:43
Ilseburg/Markt	3.30	19:22	5:52	48	6:14	295	8:51	-	2:48:37	-	41	46:03	253	1:09:34