



43. Brockenlauf

Ilseburg / 07.09.2013

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Bardehle, Lutz

□□: VfB Salzkotten
 □□: 193

Enduro Long Men

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 2:52:19

□□: - km/h
 □□□□: 6:35 min/km

□□□□□/□□□: 299 (of 456)

□□□□□/□: 268 (of 399)

□□□□□□: 1:39:03

□□□□□: 64(of 99)

□□□□□□□: 2:00:26

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:44	5:58	54	5:32	224	7:13	3.30	19:44	5:58	12	-	-	181	7:09
Schlüsie	3.10	20:38	6:39	46	4:34	202	7:16	6.40	40:22	6:18	12	-	-	268	14:22
Hermannsklippe	2.60	19:39	7:33	58	5:24	241	8:06	9.00	1:00:01	6:40	12	-	-	268	22:21
Brocken	3.10	37:29	12:05	83	14:51	341	19:28	12.10	1:37:30	8:03	12	-	-	268	41:26
Eiserner Handwe	3.60	21:08	5:52	68	6:45	272	9:05	15.70	1:58:38	7:33	12	-	-	268	50:28
Schlüsie	4.10	20:10	4:55	67	6:10	272	9:12	19.80	2:18:48	7:00	12	-	-	268	59:40
Loddenke	3.10	16:19	5:15	63	5:10	256	6:55	22.90	2:35:07	6:46	12	0:28	-	268	1:06:35
Ilseburg/Markt	3.30	17:12	5:12	51	5:05	204	6:41	-	2:52:19	-	64	51:53	-	268	1:13:16