



43. Brockenlauf

Ilseburg / 07.09.2013

□□□□

Samp, Alexander

□□: Whiskey Running Team

□□: 69

Enduro Long Men

□□□□:

Senioren M35 (35-39 Jahre)

□□□: 2:59:41

□□: - km/h

□□□□: 6:52 min/km

□□□□□/□□□: 337 (of 456)

□□□□□/□: 298 (of 399)

□□□□□□: 1:39:03

□□□□□: 32(of 39)

□□□□□□□: 1:50:24

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:41	6:34	31	7:49	320	9:10	3.30	21:41	6:34	13	-	283	9:06
Schlüsie	3.10	23:04	7:26	32	8:01	308	9:42	6.40	44:45	6:59	13	-	298	18:45
Hermannsklippe	2.60	20:48	8:00	31	7:46	284	9:15	9.00	1:05:33	7:16	13	-	298	27:53
Brocken	3.10	34:15	11:02	31	13:43	288	16:14	12.10	1:39:48	8:14	13	-	298	43:44
Eiserner Handwe	3.60	21:06	5:51	29	8:10	271	9:03	15.70	2:00:54	7:42	13	-	298	52:44
Schlüsie	4.10	20:55	5:06	32	8:36	294	9:57	19.80	2:21:49	7:09	13	-	298	1:02:41
Loddenke	3.10	17:03	5:30	30	6:31	284	7:39	22.90	2:38:52	6:56	13	-	295	1:10:20
Ilseburg/Markt	3.30	20:49	6:18	33	8:41	335	10:18	-	2:59:41	-	32	1:09:17	298	1:20:38