



43. Brockenlauf

Ilseburg / 07.09.2013

□□□□

Benter, Thomas

□□: Göttingen
 □□: 329

Enduro Long Men

□□□□:
 Senioren M55 (55-59 Jahre)

□□□: 3:14:29

□□: - km/h
 □□□□: 7:25 min/km

□□□□□/□□□: 390 (of 456)

□□□□□/□: 342 (of 399)

□□□□□□: 1:39:03

□□□□□: 22(of 30)

□□□□□□□: 2:11:15

□□□□

□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:24	6:47	26	6:27	349	9:53	3.30	22:24	6:47	10	1:43	290	9:49	
Schlüsie	3.10	24:34	7:55	21	7:42	341	11:12	6.40	46:58	7:20	10	2:53	290	20:58	
Hermannsklippe	2.60	22:18	8:34	19	7:06	327	10:45	9.00	1:09:16	7:41	10	3:15	316	31:36	
Brocken	3.10	36:51	11:53	19	10:41	332	18:50	12.10	1:46:07	8:46	10	5:26	342	50:03	
Eiserner Handwe	3.60	23:35	6:33	22	8:01	336	11:32	15.70	2:09:42	8:15	10	9:17	342	1:01:32	
Schlüsie	4.10	22:23	5:27	22	7:20	328	11:25	19.80	2:32:05	7:40	10	12:33	342	1:12:57	
Loddenke	3.10	19:01	6:08	23	6:18	340	9:37	22.90	2:51:06	7:28	10	15:29	342	1:22:34	
Ilseburg/Markt	3.30	23:23	7:05	25	9:39	369	12:52	-	3:14:29	-	22	1:03:14	342	1:35:26	