



43. Brockenlauf

Ilseburg / 07.09.2013

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Dittmann, Manfred

□□: DAV Sektion Nordhausen
 □□: 377

Enduro Long Men

□□□□:
 Senioren M70 (70-74 Jahre)

□□□: 3:19:14

□□: - km/h
 □□□□: 7:36 min/km

□□□□□/□□□: 401 (of 456)

□□□□□/□: 353 (of 399)

□□□□□□: 1:39:03

□□□□□: 3(of 6)

□□□□□□□: 2:36:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:33	6:31	2	3:18	316	9:02	3.30	21:33	6:31	3	3:18	353	8:58	
Schlüsie	3.10	25:36	8:15	3	4:47	370	12:14	6.40	47:09	7:22	3	8:05	353	21:09	
Hermannsklippe	2.60	25:15	9:42	3	6:45	377	13:42	9.00	1:12:24	8:02	3	14:50	353	34:44	
Brocken	3.10	44:27	14:20	5	14:10	392	26:26	12.10	1:56:51	9:39	3	29:00	353	1:00:47	
Eiserner Handwe	3.60	22:02	6:07	3	4:00	302	9:59	15.70	2:18:53	8:50	3	33:00	351	1:10:43	
Schlüsie	4.10	21:35	5:15	3	4:08	302	10:37	19.80	2:40:28	8:06	3	37:08	353	1:21:20	
Loddenke	3.10	18:16	5:53	3	3:07	316	8:52	22.90	2:58:44	7:48	3	40:15	353	1:30:12	
Ilseburg/Markt	3.30	20:30	6:12	4	2:49	329	9:59	-	3:19:14	-	3	43:04	353	1:40:11	