



# 43. Brockenlauf

Ilseburg / 07.09.2013

□□□□

Lehmann, Wolf-Dieter

□□: Rennsteiglaufverein

□□: 103

Enduro Long Men

□□□□:

Senioren M60 (60-64 Jahre)

□□□: 3:24:40

□□: - km/h

□□□□: 7:49 min/km

□□□□□/□□□: 420 (of 456)

□□□□□/□: 369 (of 399)

□□□□□□: 1:39:03

□□□□□: 19(of 20)

□□□□□□□: 2:22:49

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	23:13	7:02	18	6:27	371	10:42	3.30	23:13	7:02	3	2:11	361	10:38	
Schlüsie	3.10	26:10	8:26	19	7:12	377	12:48	6.40	49:23	7:42	3	4:48	369	23:23	
Hermannsklippe	2.60	25:31	9:48	20	8:22	382	13:58	9.00	1:14:54	8:19	3	8:04	369	37:14	
Brocken	3.10	41:43	13:27	20	13:45	382	23:42	12.10	1:56:37	9:38	3	12:37	369	1:00:33	
Eiserner Handwe	3.60	24:38	6:50	17	8:05	352	12:35	15.70	2:21:15	8:59	3	14:29	369	1:13:05	
Schlüsie	4.10	23:26	5:42	17	7:13	342	12:28	19.80	2:44:41	8:19	3	17:23	369	1:25:33	
Loddenke	3.10	19:33	6:18	17	5:48	350	10:09	22.90	3:04:14	8:02	3	20:27	369	1:35:42	
Ilseburg/Markt	3.30	20:26	6:11	18	4:59	326	9:55	-	3:24:40	-	19	1:01:51	369	1:45:37	