



44. Brockenlauf

Ilsenburg / 06.09.2014

□□□□

Lambeck, Steven

□□: Brockenlaufverein Ilsenburg
 □□: 408

Enduro Long Men

□□□□:
 Senioren M40 (40-44 Jahre)

□□□: 2:10:25

□□: - km/h
 □□□□: 4:59 min/km

□□□□□/□□□: 33 (of 492)

□□□□□/□: 32 (of 415)

□□□□□□: 1:38:33

□□□□□: 6(of 67)

□□□□□□□: 1:51:23

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 14:27 | 4:22 | 4 | 0:44 | 18 | 2:35 | 3.30 | 14:27 | 4:22 | 47 | | | 33 | |
| Schlüsie | 3.10 | 16:26 | 5:18 | 4 | 1:44 | 21 | 3:28 | 6.40 | 30:53 | 4:49 | 47 | | | 32 | 6:03 |
| Hermannsklippe | 2.60 | 15:29 | 5:57 | 7 | 2:44 | 44 | 3:58 | 9.00 | 46:22 | 5:09 | 47 | | | 32 | 10:01 |
| Brocken | 3.10 | 26:12 | 8:27 | 10 | 6:08 | 63 | 8:22 | 12.10 | 1:12:34 | 5:59 | 47 | | | 32 | 18:23 |
| Eiserner Handwe | 3.60 | 15:40 | 4:21 | 6 | 2:17 | 37 | 3:38 | 15.70 | 1:28:14 | 5:37 | 47 | | | 32 | 22:01 |
| Schlüsie | 4.10 | 14:52 | 3:37 | 6 | 1:54 | 30 | 3:22 | 19.80 | 1:43:06 | 5:12 | 47 | | | 32 | 25:23 |
| Loddenke | 3.10 | 12:23 | 3:59 | 6 | 1:37 | 33 | 2:33 | 22.90 | 1:55:29 | 5:02 | 47 | | | 32 | 27:56 |
| Ilsenburg/Markt | 3.30 | 14:56 | 4:31 | 18 | 2:59 | 91 | 6:24 | - | 2:10:25 | - | 6 | 19:02 | | 32 | 31:52 |