



44. Brockenlauf

Ilsenburg / 06.09.2014

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Franke, Sven

□□: Brockenlaufverein Ilsenburg
 □□: 86

Enduro Long Men

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 2:14:04

□□: - km/h
 □□□□: 5:07 min/km

□□□□□/□□□: 48 (of 492)

□□□□□/□: 47 (of 415)

□□□□□□: 1:38:33

□□□□□: 11(of 98)

□□□□□□□: 1:58:21

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	17:26	5:16	23	3:12	93	5:34	3.30	17:26	5:16	64	-	48	-
Schlüsie	3.10	17:55	5:46	14	2:16	54	4:57	6.40	35:21	5:31	64	-	47	10:31
Hermannsklippe	2.60	16:00	6:09	12	2:09	54	4:29	9.00	51:21	5:42	64	-	47	15:00
Brocken	3.10	27:30	8:52	23	6:10	97	9:40	12.10	1:18:51	6:30	64	-	47	24:40
Eiserner Handwe	3.60	14:49	4:06	3	0:49	17	2:47	15.70	1:33:40	5:57	64	-	47	27:27
Schlüsie	4.10	14:23	3:30	3	1:01	22	2:53	19.80	1:48:03	5:27	64	-	47	30:20
Loddenke	3.10	12:17	3:57	7	1:02	28	2:27	22.90	2:00:20	5:15	64	-	47	32:47
Ilsenburg/Markt	3.30	13:44	4:09	9	1:32	34	5:12	-	2:14:04	-	11	15:43	47	35:31