



# 44. Brockenlauf

Ilsenburg / 06.09.2014

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**Dittmann, Helmut**

□□: Brockenlaufverein Ilsenburg  
 □□: 321

Enduro Long Men

□□□□:  
 Senioren M60 (60-64 Jahre)

□□□: 2:28:45

□□: - km/h  
 □□□□: 5:41 min/km

□□□□□/□□□: 135 (of 492)

□□□□□/□: 124 (of 415)

□□□□□□: 1:38:33

□□□□□: 4(of 24)

□□□□□□□: 2:19:43

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 17:47    | 5:23         | 3       | 1:21    | 122     | 5:55    | 3.30  | 17:47     | 5:23      | 22            |         |         | 127     |         |
| Schlüsie        | 3.10     | 19:28    | 6:16         | 2       | 1:08    | 133     | 6:30    | 6.40  | 37:15     | 5:49      | 22            |         |         | 54      | 12:25   |
| Hermannsklippe  | 2.60     | 17:35    | 6:45         | 3       | 1:05    | 132     | 6:04    | 9.00  | 54:50     | 6:05      | 22            |         |         | 126     | 18:29   |
| Brocken         | 3.10     | 28:25    | 9:09         | 3       | 0:52    | 132     | 10:35   | 12.10 | 1:23:15   | 6:52      | 22            |         |         | 126     | 29:04   |
| Eiserner Handwe | 3.60     | 17:52    | 4:57         | 4       | 0:57    | 144     | 5:50    | 15.70 | 1:41:07   | 6:26      | 22            |         |         | 126     | 34:54   |
| Schlüsie        | 4.10     | 17:11    | 4:11         | 4       | 0:51    | 134     | 5:41    | 19.80 | 1:58:18   | 5:58      | 22            |         |         | 126     | 40:35   |
| Loddenke        | 3.10     | 14:20    | 4:37         | 5       | 1:08    | 150     | 4:30    | 22.90 | 2:12:38   | 5:47      | 22            |         |         | 126     | 45:05   |
| Ilsenburg/Markt | 3.30     | 16:07    | 4:53         | 6       | 7:35    | 173     | 7:35    | -     | 2:28:45   | -         | 4             | 9:02    |         | 129     | 50:12   |