



44. Brockenlauf

Ilseburg / 06.09.2014

□□□□

Guse, Christian

□□: Team Erdinger Alkoholfrei
 □□: 394

Enduro Long Men

□□□□:
 Senioren M30 (30-34 Jahre)

□□□: 2:54:23

□□: - km/h
 □□□□: 6:40 min/km

□□□□□/□□□: 359 (of 492)

□□□□□/□: 311 (of 415)

□□□□□□: 1:38:33

□□□□□: 30(of 36)

□□□□□□□: 1:53:17

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:48	6:00	25	5:28	257	7:56	3.30	19:48	6:00	12			320	0:12
Schlüsie	3.10	22:36	7:17	30	6:40	318	9:38	6.40	42:24	6:37	1			283	17:34
Hermannsklippe	2.60	21:46	8:22	32	8:17	346	10:15	9.00	1:04:10	7:07	12	2:27		319	27:49
Brocken	3.10	36:45	11:51	34	15:30	373	18:55	12.10	1:40:55	8:20	12	8:20		319	46:44
Eiserner Handwe	3.60	19:28	5:24	26	6:16	235	7:26	15.70	2:00:23	7:40	12	8:11		319	54:10
Schlüsie	4.10	18:27	4:30	22	5:45	213	6:57	19.80	2:18:50	7:00	12	7:41		319	1:01:07
Loddenke	3.10	15:12	4:54	18	4:48	220	5:22	22.90	2:34:02	6:43	12	6:48		319	1:06:29
Ilseburg/Markt	3.30	20:21	6:10	31	8:56	357	11:49	-	2:54:23	-	31	1:01:06		322	1:15:50