



44. Brockenlauf

Ilseburg / 06.09.2014

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Vahldiek, Frank

□□: Marathon Hildesheim
 □□: 367

Enduro Long Men

□□□□:
 Senioren M50 (50-54 Jahre)

□□□: 3:07:35

□□: - km/h
 □□□□: 7:10 min/km

□□□□□/□□□: 428 (of 492)

□□□□□/□: 360 (of 415)

□□□□□□: 1:38:33

□□□□□: 55(of 62)

□□□□□□□: 2:03:47

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	23:04	6:59	62	7:54	400	11:12	3.30	23:04	6:59	25	2:11	368	3:28	
Schlüsie	3.10	26:02	8:23	62	9:40	396	13:04	6.40	49:06	7:40	25	6:24	367	24:16	
Hermannsklippe	2.60	22:54	8:48	58	8:33	370	11:23	9.00	1:12:00	8:00	25	8:29	367	35:39	
Brocken	3.10	34:06	11:00	53	9:56	331	16:16	12.10	1:46:06	8:46	25	9:43	367	51:55	
Eiserner Handwe	3.60	21:08	5:52	46	6:18	304	9:06	15.70	2:07:14	8:06	25	9:25	367	1:01:01	
Schlüsie	4.10	21:47	5:18	55	7:44	358	10:17	19.80	2:29:01	7:31	25	11:50	367	1:11:18	
Loddenke	3.10	19:09	6:10	59	7:20	376	9:19	22.90	2:48:10	7:20	25	15:44	367	1:20:37	
Ilseburg/Markt	3.30	19:25	5:53	55	6:45	337	10:53	-	3:07:35	-	57	1:03:48	371	1:29:02	