



46. Brockenlauf

Ilseburg / 03.09.2016

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Lüdeke, Werner

□□: Aschersleben
 □□: 410

Enduro Long Men

□□□□:
 Senioren M55 (55-59 Jahre)

□□□: 2:33:24

□□: - km/h
 □□□□: 5:51 min/km

□□□□□/□□□: 183 (of 529)

□□□□□/□: 173 (of 447)

□□□□□□: 1:39:39

□□□□□: 15(of 58)

□□□□□□□: 2:02:30

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Loddenke	3.30	18:59	5:45	17	3:54	199	9:22	3.30	18:59	5:45	17	3:54	199	9:22
Schlüsie	3.10	21:41	6:59	15	4:51	204	7:51	6.40	40:40	6:21	17	8:45	199	14:36
Hermannsklippe	2.60	18:18	7:02	16	4:07	201	6:37	9.00	58:58	6:33	16	12:52	199	21:08
Brocken	3.10	30:05	9:42	19	7:21	202	11:50	12.10	1:29:03	7:21	18	20:13	205	32:58
Eiserner Handwe	3.60	18:13	5:03	15	3:22	188	5:43	15.70	1:47:16	6:49	18	23:35	199	38:41
Schlüsie	4.10	16:55	4:07	10	2:43	129	4:31	19.80	2:04:11	6:16	17	26:18	188	43:10
Loddenke	3.10	13:38	4:23	7	2:05	108	3:18	22.90	2:17:49	6:01	15	28:23	175	46:28
Ilseburg/Markt	3.30	15:35	4:43	11	2:31	147	7:17	-	2:33:24	-	15	30:54	173	53:45