



46. Brockenlauf

Ilseburg / 03.09.2016

□□□□

Arnhold, Gerd

□□: Rennsteiglaufverein
 □□: 335

Enduro Long Men

□□□□:
 Senioren M55 (55-59 Jahre)

□□□: 2:59:02

□□: - km/h
 □□□□: 6:50 min/km

□□□□□/□□□: 394 (of 529)

□□□□□/□: 346 (of 447)

□□□□□□: 1:39:39

□□□□□: 43(of 58)

□□□□□□□: 2:02:30

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□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:05	6:23	42	6:00	331	11:28	3.30	21:05	6:23	42	6:00	331	11:28	
Schlüsie	3.10	24:28	7:53	42	7:38	337	10:38	6.40	45:33	7:07	44	13:38	341	19:29	
Hermannsklippe	2.60	20:54	8:02	42	6:43	344	9:13	9.00	1:06:27	7:23	43	20:21	343	28:37	
Brocken	3.10	32:41	10:32	37	9:57	307	14:26	12.10	1:39:08	8:11	39	30:18	320	43:03	
Eiserner Handwe	3.60	21:51	6:04	44	7:00	360	9:21	15.70	2:00:59	7:42	40	37:18	333	52:24	
Schlüsie	4.10	20:28	4:59	38	6:16	323	8:04	19.80	2:21:27	7:08	39	43:34	336	1:00:26	
Loddenke	3.10	17:10	5:32	44	5:37	349	6:50	22.90	2:38:37	6:55	41	49:11	335	1:07:16	
Ilseburg/Markt	3.30	20:25	6:11	46	7:21	379	12:07	-	2:59:02	-	43	56:32	346	1:19:23	