



47. Brockenlauf  
Ilseburg / 02.09.2017

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SIEFKE, Martin

□□: Leipzig

□□: 397

Enduro Long Men

□□□□:

Senioren M30 (30-34 Jahre)

□□□: 1:56:34

□□: - km/h

□□□□: 4:27 min/km

□□□□□/□□□: 9 (of 500)

□□□□□/□: 9 (of 423)

□□□□□□: 1:35:36

□□□□□: 2(of 45)

□□□□□□□: 1:55:09

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□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 13:56    | 4:13         | 2       | 0:01    | 8       | 1:57    | 3.30  | 13:56     | 4:13      | 2             | 0:01    | 8       | 1:57    |         |
| Schlüsie        | 3.10     | 15:17    | 4:55         | 1       | -       | 8       | 2:32    | 6.40  | 29:13     | 4:33      | 1             | -       | 8       | 4:29    |         |
| Hermannsklippe  | 2.60     | 13:28    | 5:10         | 2       | 0:05    | 8       | 2:17    | 9.00  | 42:41     | 4:44      | 1             | -       | 8       | 6:46    |         |
| Brocken         | 3.10     | 21:17    | 6:51         | 2       | 0:21    | 11      | 3:53    | 12.10 | 1:03:58   | 5:17      | 2             | 0:11    | 9       | 10:39   |         |
| Eiserner Handwe | 3.60     | 14:25    | 4:00         | 4       | 0:45    | 14      | 2:45    | 15.70 | 1:18:23   | 4:59      | 2             | 0:56    | 10      | 13:24   |         |
| Schlüsie        | 4.10     | 14:18    | 3:29         | 5       | 0:46    | 21      | 3:17    | 19.80 | 1:32:41   | 4:40      | 2             | 1:39    | 10      | 16:41   |         |
| Loddenke        | 3.10     | 11:32    | 3:43         | 4       | 0:37    | 16      | 2:16    | 22.90 | 1:44:13   | 4:33      | 2             | 1:30    | 9       | 18:57   |         |
| Ilseburg/Markt  | 3.30     | 12:21    | 3:44         | 2       | 0:27    | 10      | 2:01    | -     | 1:56:34   | -         | 2             | 1:25    | 9       | 20:58   |         |