



48. Brockenlauf

Ilseburg / 01.09.2018

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Springer, Jens-Uwe

□□: Groß Niendorf
 □□: 380

Enduro Long Men

□□□□:
 Senioren M50 (50-54 Jahre)

□□□: 2:33:21

□□: - km/h
 □□□□: 5:51 min/km

□□□□□/□□□: 179 (of 506)

□□□□□/□: 165 (of 416)

□□□□□□: 1:44:43

□□□□□: 24(of 72)

□□□□□□□: 2:13:51

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	18:25	5:34	26	2:59	148	4:59	3.30	18:25	5:34	26	2:59	148	4:59	
Bremer Hütte	2.40	15:59	6:39	24	2:03	168	4:53	5.70	34:24	6:02	24	3:48	158	9:52	
Hermannsklippe	3.30	21:55	6:38	24	3:20	179	7:03	9.00	56:19	6:15	25	7:08	170	16:54	
Brocken	3.10	30:45	9:55	34	6:46	236	12:24	12.10	1:27:04	7:11	27	13:54	188	29:18	
Eiserner Handwe	3.60	17:44	4:55	19	2:11	125	5:12	15.70	1:44:48	6:40	24	15:13	168	34:30	
Bremer Hütte	4.10	20:38	5:01	21	2:08	131	5:44	19.80	2:05:26	6:20	23	16:39	159	39:57	
Loddenke	3.10	11:23	3:40	23	2:13	166	3:25	22.90	2:16:49	5:58	23	16:37	160	43:22	
Ilseburg/Markt	3.30	16:32	5:00	32	3:24	203	5:16	-	2:33:21	-	24	19:30	165	48:38	