



48. Brockenlauf

Ilseburg / 01.09.2018

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Wernicke, Raik

□□: TGS Walldorf
 □□: 17

Enduro Long Men

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 3:01:02

□□: - km/h
 □□□□: 6:55 min/km

□□□□□/□□□: 399 (of 506)

□□□□□/□: 343 (of 416)

□□□□□□: 1:44:43

□□□□□: 59(of 66)

□□□□□□□: 1:51:00

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:07	6:42	57	8:41	352	8:41	3.30	22:07	6:42	57	8:41	352	8:41	
Bremer Hütte	2.40	18:52	7:51	52	7:28	335	7:46	5.70	40:59	7:11	56	16:09	344	16:27	
Hermannsklippe	3.30	25:55	7:51	58	10:22	350	11:03	9.00	1:06:54	7:26	56	26:31	348	27:29	
Brocken	3.10	35:22	11:24	57	15:00	352	17:01	12.10	1:42:16	8:27	58	41:22	355	44:30	
Eiserner Handwe	3.60	22:18	6:11	56	9:04	324	9:46	15.70	2:04:34	7:56	58	50:26	355	54:16	
Bremer Hütte	4.10	24:25	5:57	49	8:55	295	9:31	19.80	2:28:59	7:31	58	58:39	347	1:03:30	
Loddenke	3.10	12:53	4:09	45	4:53	275	4:55	22.90	2:41:52	7:04	57	1:02:41	340	1:08:25	
Ilseburg/Markt	3.30	19:10	5:48	56	7:31	345	7:54	-	3:01:02	-	59	1:10:02	343	1:16:19	