



48. Brockenlauf

Ilseburg / 01.09.2018

□□□□

Papendieck, Ralf

□□: Schwedter Hasen
 □□: 282

Enduro Long Men

□□□□:
 Senioren M50 (50-54 Jahre)

□□□: 3:03:05

□□: - km/h
 □□□□: 6:59 min/km

□□□□□/□□□: 410 (of 506)

□□□□□/□: 353 (of 416)

□□□□□□: 1:44:43

□□□□□: 60(of 72)

□□□□□□□: 2:13:51

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 20:03 | 6:04 | 49 | 4:37 | 259 | 6:37 | 3.30 | 20:03 | 6:04 | 49 | 4:37 | 259 | 6:37 | |
| Bremer Hütte | 2.40 | 17:19 | 7:12 | 45 | 3:23 | 262 | 6:13 | 5.70 | 37:22 | 6:33 | 49 | 6:46 | 262 | 12:50 | |
| Hermannsklippe | 3.30 | 23:46 | 7:12 | 47 | 5:11 | 276 | 8:54 | 9.00 | 1:01:08 | 6:47 | 49 | 11:57 | 270 | 21:43 | |
| Brocken | 3.10 | 33:27 | 10:47 | 56 | 9:28 | 312 | 15:06 | 12.10 | 1:34:35 | 7:49 | 51 | 21:25 | 287 | 36:49 | |
| Eiserner Handwe | 3.60 | 25:04 | 6:57 | 65 | 9:31 | 378 | 12:32 | 15.70 | 1:59:39 | 7:37 | 55 | 30:04 | 311 | 49:21 | |
| Bremer Hütte | 4.10 | 30:17 | 7:23 | 67 | 11:47 | 389 | 15:23 | 19.80 | 2:29:56 | 7:34 | 59 | 41:09 | 352 | 1:04:27 | |
| Loddenke | 3.10 | 15:01 | 4:50 | 62 | 5:51 | 360 | 7:03 | 22.90 | 2:44:57 | 7:12 | 59 | 44:45 | 355 | 1:11:30 | |
| Ilseburg/Markt | 3.30 | 18:08 | 5:29 | 53 | 5:00 | 295 | 6:52 | - | 3:03:05 | - | 60 | 49:14 | 354 | 1:18:22 | |