



53. Brockenlauf
Ilseburg / 07.09.2024

0000

Jörg Meyer

00: 758

00: 10.10 km

10,1 km - Wanderung

0000:

Männer K

000: 2:00:55

00: 4.96 km/h

0000: 11:58 min/km

00000/000: 24 (of 57)

00000/0: 12 (of 25)

000000: 1:19:05

00000: 12(of 25)

0000000: 1:19:05

0000

0000

000

000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Ilsestein	4.10	48:58	11:56	12	15:07	12	15:07	4.10	48:58	11:56	12	15:07	12	15:07
000	0.90	12:49	14:14	16	5:00	16	5:00	5.00	1:01:47	12:21	12	20:06	12	20:06
Ilsestein	1.00	15:48	15:48	13	7:59	13	7:59	6.00	1:17:35	12:55	12	28:05	12	28:05
Ilseburg/Markt	4.10	43:20	10:34	10	13:45	10	13:45	10.10	2:00:55	11:58	12	41:50	12	41:50