



53. Brockenlauf
Ilseburg / 07.09.2024

0000

Lukas Trench

000: 2:15:06

00: 778

00: 4.44 km/h

0000: 13:22 min/km

00: 10.10 km

00000/000: 32 (of 57)

10,1 km - Wanderung

00000/0: 14 (of 25)

000000: 1:19:05

0000:

00000: 14(of 25)

Männer K

0000000: 1:19:05

0000

0000

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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	55:14	13:28	16	21:23	16	21:23	4.10	55:14	13:28	16	21:23	16	21:23
000	0.90	12:50	14:15	17	5:01	17	5:01	5.00	1:08:04	13:36	16	26:23	16	26:23
Ilsestein	1.00	15:52	15:52	14	8:03	14	8:03	6.00	1:23:56	13:59	14	34:26	14	34:26
Ilseburg/Markt	4.10	51:10	12:28	20	21:35	20	21:35	10.10	2:15:06	13:22	14	56:01	14	56:01