



53. Brockenlauf  
Ilseburg / 07.09.2024

0000

Martin Dillmann

00: Wir auf dem Brocken

00: 734

00: 10.10 km

10,1 km - Wanderung

0000:

Männer K

000: 2:21:34

00: 4.24 km/h

0000: 14:00 min/km

00000/000: 38 (of 57)

00000/0: 18 (of 25)

000000: 1:19:05

00000: 18(of 25)

0000000: 1:19:05

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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 | 58:57 | 14:22  | 20 | 25:06 | 20 | 25:06 | 4.10  | 58:57   | 14:22  | 20 | 25:06   | 20 | 25:06   |
| 000            | 0.90 | 11:53 | 13:12  | 11 | 4:04  | 11 | 4:04  | 5.00  | 1:10:50 | 14:09  | 17 | 29:09   | 17 | 29:09   |
| Ilsestein      | 1.00 | 22:07 | 22:07  | 24 | 14:18 | 24 | 14:18 | 6.00  | 1:32:57 | 15:29  | 18 | 43:27   | 18 | 43:27   |
| Ilseburg/Markt | 4.10 | 48:37 | 11:51  | 14 | 19:02 | 14 | 19:02 | 10.10 | 2:21:34 | 14:00  | 18 | 1:02:29 | 18 | 1:02:29 |