



53. Brockenlauf  
Ilseburg / 07.09.2024

0000

Torsten Kahl

00: 747

00: 10.10 km

10,1 km - Wanderung

0000:

Männer K

000: 2:22:36

00: 4.21 km/h

0000: 14:07 min/km

00000/000: 40 (of 57)

00000/0: 19 (of 25)

000000: 1:19:05

00000: 19(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	1:02:20	15:12	24	28:29	24	28:29	4.10	1:02:20	15:12	24	28:29	24	28:29
000	0.90	13:20	14:48	19	5:31	19	5:31	5.00	1:15:40	15:08	21	33:59	21	33:59
Ilsestein	1.00	17:53	17:52	19	10:04	19	10:04	6.00	1:33:33	15:35	22	44:03	22	44:03
Ilseburg/Markt	4.10	49:03	11:57	15	19:28	15	19:28	10.10	2:22:36	14:07	19	1:03:31	19	1:03:31