



53. Brockenlauf

Ilseburg / 07.09.2024

□□□□

Leonie Jenner

□□: No f*cking X-Cuses

□□: 212

□□: 24.90 km

24,9 km - Lauf

□□□□:

Frauen (20-29) B

□□□: 2:29:55

□□: 9.61 km/h

□□□□: 6:01 min/km

□□□□□/□□□: 174 (of 433)

□□□□□/□: 18 (of 82)

□□□□□□: 1:53:56

□□□□□: 5(of 14)

□□□□□□□: 2:00:15

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Ilsestein	4.10	27:11	6:37	4	6:17	18	6:31	4.10	27:11	6:37	4	6:17	18	6:31	
Plessenburg	2.40	15:15	6:21	6	3:33	23	3:56	6.50	42:26	6:31	4	9:50	19	10:27	
Oehrenfeld	3.40	16:25	4:49	6	3:33	20	3:33	9.90	58:51	5:56	4	13:23	18	13:33	
Ilsestein	4.80	31:57	6:39	5	5:24	17	7:44	14.70	1:30:48	6:10	4	18:17	17	21:17	
Plessenburg	2.30	16:25	7:08	5	3:59	20	4:50	17.00	1:47:13	6:18	5	20:59	18	26:07	
Oehrenfeld	3.40	15:53	4:40	3	2:17	13	2:31	20.40	2:03:06	6:02	5	22:49	18	28:38	
Ilseburg/Markt	4.50	26:49	5:57	6	6:56	25	7:21	24.90	2:29:55	6:01	5	29:40	18	35:59	