



53. Brockenlauf

Ilseburg / 07.09.2024

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Katharina Hauff

□□: NiKa

□□: 175

□□: 24.90 km

24,9 km - Lauf

□□□□:

Frauen (20-29) B

□□□: 2:40:38

□□: 8.96 km/h

□□□□: 6:27 min/km

□□□□□/□□□: 238 (of 433)

□□□□□/□: 26 (of 82)

□□□□□□: 1:53:56

□□□□□: 6(of 14)

□□□□□□□: 2:00:15

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Ilsestein | 4.10 | 27:49 | 6:47 | 6 | 6:55 | 25 | 7:09 | 4.10 | 27:49 | 6:47 | 6 | 6:55 | 25 | 7:09 | |
| Plessenburg | 2.40 | 14:58 | 6:14 | 5 | 3:16 | 17 | 3:39 | 6.50 | 42:47 | 6:34 | 6 | 10:11 | 22 | 10:48 | |
| Oehrenfeld | 3.40 | 19:07 | 5:37 | 8 | 6:15 | 40 | 6:15 | 9.90 | 1:01:54 | 6:15 | 6 | 16:26 | 27 | 16:36 | |
| Ilsestein | 4.80 | 32:58 | 6:52 | 6 | 6:25 | 20 | 8:45 | 14.70 | 1:34:52 | 6:27 | 6 | 22:21 | 22 | 25:21 | |
| Plessenburg | 2.30 | 17:27 | 7:35 | 7 | 5:01 | 32 | 5:52 | 17.00 | 1:52:19 | 6:36 | 6 | 26:05 | 23 | 31:13 | |
| Oehrenfeld | 3.40 | 19:56 | 5:51 | 9 | 6:20 | 46 | 6:34 | 20.40 | 2:12:15 | 6:28 | 6 | 31:58 | 26 | 37:47 | |
| Ilseburg/Markt | 4.50 | 28:23 | 6:18 | 8 | 8:30 | 34 | 8:55 | 24.90 | 2:40:38 | 6:27 | 6 | 40:23 | 26 | 46:42 | |