



53. Brockenlauf

Ilseburg / 07.09.2024

0000

Jannik Evers

00: No f*cking X-Cuses

00: 112

00: 24.90 km

24,9 km - Lauf

0000:

Männer (20-29) B

000: 2:07:02

00: 11.34 km/h

0000: 5:06 min/km

00000/000: 48 (of 433)

00000/0: 43 (of 351)

000000: 1:34:20

00000: 4(of 32)

0000000: 1:40:43

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Ilsestein	4.10	22:20	5:26	5	4:23	48	5:44	4.10	22:20	5:26	5	4:23	48	5:44	
Plessenburg	2.40	11:39	4:51	4	1:49	33	2:30	6.50	33:59	5:13	4	6:12	46	8:14	
Oehrenfeld	3.40	14:17	4:12	8	2:30	56	3:22	9.90	48:16	4:52	5	8:42	46	11:36	
Ilsestein	4.80	26:08	5:26	3	4:42	35	16:17	14.70	1:14:24	5:03	4	13:24	43	17:49	
Plessenburg	2.30	12:50	5:34	4	2:34	33	3:12	17.00	1:27:14	5:07	3	15:58	38	21:01	
Oehrenfeld	3.40	14:49	4:21	4	2:45	43	3:28	20.40	1:42:03	5:00	3	18:43	35	24:29	
Ilseburg/Markt	4.50	24:59	5:33	14	7:36	121	8:13	24.90	2:07:02	5:06	4	26:19	43	32:42	