



53. Brockenlauf

Ilseburg / 07.09.2024

□□□□

Erik Bruer

□□: Sportinstitut TU Clausthal

□□: 64

□□: 24.90 km

24,9 km - Lauf

□□□□:

Männer (20-29) B

□□□: 2:10:08

□□: 11.07 km/h

□□□□: 5:13 min/km

□□□□□/□□□: 61 (of 433)

□□□□□/□: 53 (of 351)

□□□□□□: 1:34:20

□□□□□: 5(of 32)

□□□□□□□: 1:40:43

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Ilsestein | 4.10 | 20:38 | 5:01 | 3 | 2:41 | 27 | 4:02 | 4.10 | 20:38 | 5:01 | 3 | 2:41 | 27 | 4:02 | |
| Plessenburg | 2.40 | 11:48 | 4:55 | 5 | 1:58 | 35 | 2:39 | 6.50 | 32:26 | 4:59 | 3 | 4:39 | 30 | 6:41 | |
| Oehrenfeld | 3.40 | 13:04 | 3:50 | 3 | 1:17 | 23 | 2:09 | 9.90 | 45:30 | 4:35 | 3 | 5:56 | 26 | 8:50 | |
| Ilsestein | 4.80 | 27:22 | 5:42 | 6 | 5:56 | 52 | 17:31 | 14.70 | 1:12:52 | 4:57 | 3 | 11:52 | 36 | 16:17 | |
| Plessenburg | 2.30 | 15:38 | 6:47 | 19 | 5:22 | 130 | 6:00 | 17.00 | 1:28:30 | 5:12 | 5 | 17:14 | 44 | 22:17 | |
| Oehrenfeld | 3.40 | 16:39 | 4:53 | 13 | 4:35 | 116 | 5:18 | 20.40 | 1:45:09 | 5:09 | 5 | 21:49 | 48 | 27:35 | |
| Ilseburg/Markt | 4.50 | 24:59 | 5:33 | 14 | 7:36 | 121 | 8:13 | 24.90 | 2:10:08 | 5:13 | 5 | 29:25 | 53 | 35:48 | |