



53. Brockenlauf
Ilseburg / 07.09.2024

Ilseburg

Luca Schmerfeld

Rank: 378

Distance: 24.90 km
24,9 km - Lauf

Category:
Männer (20-29) B

Time: 2:12:18

Speed: 10.88 km/h
Pace: 5:18 min/km

Rank/Total: 73 (of 433)
Rank/Category: 63 (of 351)
Pace: 1:34:20
Rank/Category: 8(of 32)
Pace: 1:40:43

Ilseburg

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Ilseburg	km	Time	Pace	Rank	Time	Pace	Rank	Ilseburg	km	Time	Pace	Rank	Time	Pace	Rank
Ilseburg	km	Time	Pace	Rank	Time	Pace	Rank	Ilseburg	km	Time	Pace	Rank	Time	Pace	Rank
Ilsestein	4.10	22:43	5:32	7	4:46	59	6:07	4.10	22:43	5:32	7	4:46	59	6:07	
Plessenburg	2.40	12:59	5:24	15	3:09	82	3:50	6.50	35:42	5:29	7	7:55	61	9:57	
Oehrenfeld	3.40	15:15	4:29	18	3:28	99	4:20	9.90	50:57	5:08	9	11:23	71	14:17	
Ilsestein	4.80	28:20	5:54	10	6:54	70	18:29	14.70	1:19:17	5:23	8	18:17	68	22:42	
Plessenburg	2.30	14:25	6:16	11	4:09	75	4:47	17.00	1:33:42	5:30	9	22:26	66	27:29	
Oehrenfeld	3.40	15:26	4:32	6	3:22	61	4:05	20.40	1:49:08	5:20	8	25:48	63	31:34	
Ilseburg/Markt	4.50	23:10	5:08	7	5:47	63	6:24	24.90	2:12:18	5:18	8	31:35	63	37:58	