



53. Brockenlauf
Ilsenburg / 07.09.2024

0000

Jonathan Pleuß

00: 334

00: 24.90 km
24,9 km - Lauf

0000:
Männer (20-29) B

000: 2:18:56

00: 10.36 km/h
0000: 5:34 min/km

00000/000: 105 (of 433)
00000/0: 93 (of 351)
000000: 1:34:20
00000: 15(of 32)
0000000: 1:40:43

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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	24:58	6:05	14	7:01	105	8:22	4.10	24:58	6:05	14	7:01	105	8:22	
Plessenburg	2.40	12:49	5:20	11	2:59	72	3:40	6.50	37:47	5:48	13	10:00	93	12:02	
Oehrenfeld	3.40	13:33	3:59	5	1:46	37	2:38	9.90	51:20	5:11	11	11:46	77	14:40	
Ilsestein	4.80	30:30	6:21	18	9:04	115	20:39	14.70	1:21:50	5:34	14	20:50	89	25:15	
Plessenburg	2.30	15:08	6:34	15	4:52	104	5:30	17.00	1:36:58	5:42	14	25:42	87	30:45	
Oehrenfeld	3.40	16:41	4:54	14	4:37	119	5:20	20.40	1:53:39	5:34	14	30:19	90	36:05	
Ilsenburg/Markt	4.50	25:17	5:37	17	7:54	131	8:31	24.90	2:18:56	5:34	15	38:13	93	44:36	