



# 53. Brockenlauf

Ilseburg / 07.09.2024

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**Thomas Kühlmann**

□□: NSV Wernigerode

□□: 7

□□: 24.90 km

24,9 km - Lauf

□□□□:

Senioren M30 (30-34) B

□□□: 1:34:20

□□: 15.27 km/h

□□□□: 3:47 min/km

□□□□□/□□□: 1 (of 433)

□□□□□/□: 1 (of 351)

□□□□□□: 1:34:20

□□□□□: 1(of 25)

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| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Ilsestein      | 4.10     | 16:36    | 4:02         | 1       | -       | 1       | -       | 4.10  | 16:36     | 4:02      | 1             | -       | 1       | -       |         |
| Plessenburg    | 2.40     | 9:09     | 3:48         | 1       | -       | 1       | -       | 6.50  | 25:45     | 3:57      | 1             | -       | 1       | -       |         |
| Oehrenfeld     | 3.40     | 10:55    | 3:12         | 1       | -       | 1       | -       | 9.90  | 36:40     | 3:42      | 1             | -       | 1       | -       |         |
| Ilsestein      | 4.80     | 19:55    | 4:08         | 2       | 10:04   | 2       | 10:04   | 14.70 | 56:35     | 3:50      | 1             | -       | 1       | -       |         |
| Plessenburg    | 2.30     | 9:38     | 4:11         | 1       | -       | 1       | -       | 17.00 | 1:06:13   | 3:53      | 1             | -       | 1       | -       |         |
| Oehrenfeld     | 3.40     | 11:21    | 3:20         | 1       | -       | 1       | -       | 20.40 | 1:17:34   | 3:48      | 1             | -       | 1       | -       |         |
| Ilseburg/Markt | 4.50     | 16:46    | 3:43         | 1       | -       | 1       | -       | 24.90 | 1:34:20   | 3:47      | 1             | -       | 1       | -       |         |