



53. Brockenlauf
Ilseburg / 07.09.2024

Ilseburg

Weijia Yu

505

24.90 km
24,9 km - Lauf

Senioren M30 (30-34) B

2:17:47

10.45 km/h
5:32 min/km

101 (of 433)
89 (of 351)
1:34:20
11(of 25)
1:34:20

Ilseburg								Plessenburg							
km	min	sec	min/km	-	-	min	sec	km	min	sec	min/km	-	-	min	sec
Ilsestein	4.10	29:47	7:15	20	13:11	267	13:11	Ilsestein	4.10	29:47	7:15	20	13:11	267	13:11
Plessenburg	2.40	14:10	5:54	12	5:01	137	5:01	Plessenburg	6.50	43:57	6:45	17	18:12	219	18:12
Oehrenfeld	3.40	15:13	4:28	11	4:18	97	4:18	Oehrenfeld	9.90	59:10	5:58	15	22:30	186	22:30
Ilsestein	4.80	29:15	6:05	10	19:24	84	19:24	Ilsestein	14.70	1:28:25	6:00	14	31:50	144	31:50
Plessenburg	2.30	13:41	5:56	7	4:03	55	4:03	Plessenburg	17.00	1:42:06	6:00	12	35:53	117	35:53
Oehrenfeld	3.40	14:21	4:13	6	3:00	31	3:00	Oehrenfeld	20.40	1:56:27	5:42	11	38:53	101	38:53
Ilseburg/Markt	4.50	21:20	4:44	5	4:34	31	4:34	Ilseburg/Markt	24.90	2:17:47	5:32	11	43:27	89	43:27