



53. Brockenlauf

Ilseburg / 07.09.2024

□□□□

Martin Morgenstern

□□: LAV 07 Bad Harzburg
 □□: 309

□□: 24.90 km
 24,9 km - Lauf

□□□□:
 Senioren M35 (35-39) B

□□□: 1:48:56

□□: 13.22 km/h
 □□□□: 4:22 min/km

□□□□□/□□□: 11 (of 433)

□□□□□/□: 11 (of 351)

□□□□□□: 1:34:20

□□□□□: 5(of 49)

□□□□□□□: 1:42:12

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Ilsestein | 4.10 | 19:20 | 4:42 | 4 | 1:58 | 10 | 2:44 | 4.10 | 19:20 | 4:42 | 4 | 1:58 | 10 | 2:44 | |
| Plessenburg | 2.40 | 10:33 | 4:23 | 5 | 0:44 | 12 | 1:24 | 6.50 | 29:53 | 4:35 | 5 | 2:42 | 11 | 4:08 | |
| Oehrenfeld | 3.40 | 12:07 | 3:33 | 4 | 0:48 | 9 | 1:12 | 9.90 | 42:00 | 4:14 | 5 | 3:25 | 11 | 5:20 | |
| Ilsestein | 4.80 | 23:28 | 4:53 | 5 | 2:27 | 12 | 13:37 | 14.70 | 1:05:28 | 4:27 | 5 | 5:52 | 11 | 8:53 | |
| Plessenburg | 2.30 | 11:33 | 5:01 | 5 | 1:20 | 12 | 1:55 | 17.00 | 1:17:01 | 4:31 | 5 | 6:36 | 11 | 10:48 | |
| Oehrenfeld | 3.40 | 12:47 | 3:45 | 5 | 0:49 | 8 | 1:26 | 20.40 | 1:29:48 | 4:24 | 5 | 7:25 | 11 | 12:14 | |
| Ilseburg/Markt | 4.50 | 19:08 | 4:15 | 3 | 0:52 | 7 | 2:22 | 24.90 | 1:48:56 | 4:22 | 5 | 6:44 | 11 | 14:36 | |