



53. Brockenlauf
Ilseburg / 07.09.2024

0000

Sebastian Schmidt

00: 384

00: 24.90 km
24,9 km - Lauf

0000:
Senioren M35 (35-39) B

000: 2:27:32
00: 9.76 km/h
0000: 5:55 min/km

00000/000: 155 (of 433)
00000/0: 141 (of 351)
000000: 1:34:20
00000: 24(of 49)
0000000: 1:42:12

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00			
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0			
Ilsestein	4.10	26:24	6:26	24	9:02	149	9:48	4.10	26:24	6:26	24	9:02	149	9:48			
Plessenburg	2.40	13:27	5:36	18	3:38	102	4:18	6.50	39:51	6:07	21	12:40	131	14:06			
Oehrenfeld	3.40	17:38	5:11	36	6:19	220	6:43	9.90	57:29	5:48	23	18:54	151	20:49			
Ilsestein	4.80	30:06	6:16	18	9:05	103	20:15	14.70	1:27:35	5:57	21	27:59	133	31:00			
Plessenburg	2.30	15:15	6:37	18	5:02	111	5:37	17.00	1:42:50	6:02	21	32:25	131	36:37			
Oehrenfeld	3.40	18:24	5:24	35	6:26	204	7:03	20.40	2:01:14	5:56	22	38:51	137	43:40			
Ilseburg/Markt	4.50	26:18	5:50	27	8:02	151	9:32	24.90	2:27:32	5:55	24	45:20	141	53:12			