



53. Brockenlauf
Ilseburg / 07.09.2024

0000

Marcel Tryller

00: 457

00: 24.90 km
24,9 km - Lauf

0000:
Senioren M40 (40-44) B

000: 2:23:05

00: 10.06 km/h
0000: 5:44 min/km

00000/000: 127 (of 433)
00000/0: 115 (of 351)
000000: 1:34:20
00000: 22(of 53)
0000000: 1:40:59

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Ilsestein	4.10	26:06	6:21	25	7:36	141	9:30	4.10	26:06	6:21	25	7:36	141	9:30
Plessenburg	2.40	13:37	5:40	22	3:47	107	4:28	6.50	39:43	6:06	23	11:23	128	13:58
Oehrenfeld	3.40	16:47	4:56	32	4:55	166	5:52	9.90	56:30	5:42	26	16:18	133	19:50
Ilsestein	4.80	29:57	6:14	19	8:30	97	20:06	14.70	1:26:27	5:52	24	24:48	124	29:52
Plessenburg	2.30	16:13	7:03	30	6:04	158	6:35	17.00	1:42:40	6:02	25	30:52	128	36:27
Oehrenfeld	3.40	16:03	4:43	20	3:55	91	4:42	20.40	1:58:43	5:49	24	34:47	119	41:09
Ilseburg/Markt	4.50	24:22	5:24	21	7:19	101	7:36	24.90	2:23:05	5:44	22	42:06	115	48:45