



53. Brockenlauf
Ilseburg / 07.09.2024

0000

Christian Hantschel

00: 171

00: 24.90 km
24,9 km - Lauf

0000:
Senioren M40 (40-44) B

000: 2:30:29
00: 9.57 km/h
0000: 6:02 min/km

00000/000: 178 (of 433)
00000/0: 160 (of 351)
000000: 1:34:20
00000: 30(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	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Ilsestein	4.10	28:34	6:58	39	10:04	231	11:58	4.10	28:34	6:58	39	10:04	231	11:58	
Plessenburg	2.40	15:08	6:18	37	5:18	197	5:59	6.50	43:42	6:43	38	15:22	212	17:57	
Oehrenfeld	3.40	16:44	4:55	30	4:52	161	5:49	9.90	1:00:26	6:06	38	20:14	204	23:46	
Ilsestein	4.80	33:11	6:54	36	11:44	191	23:20	14.70	1:33:37	6:22	38	31:58	202	37:02	
Plessenburg	2.30	15:46	6:51	25	5:37	134	6:08	17.00	1:49:23	6:26	38	37:35	193	43:10	
Oehrenfeld	3.40	16:34	4:52	24	4:26	111	5:13	20.40	2:05:57	6:10	33	42:01	176	48:23	
Ilseburg/Markt	4.50	24:32	5:27	22	7:29	106	7:46	24.90	2:30:29	6:02	30	49:30	160	56:09	