



53. Brockenlauf
Ilseburg / 07.09.2024

0000

Christian Dellit

00: 84

00: 24.90 km
24,9 km - Lauf

0000:
Senioren M40 (40-44) B

000: 2:43:31
00: 8.81 km/h
0000: 6:34 min/km

00000/000: 260 (of 433)
00000/0: 229 (of 351)
000000: 1:34:20
00000: 41(of 53)
0000000: 1:40:59

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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	27:20	6:40	34	8:50	184	10:44	4.10	27:20	6:40	34	8:50	184	10:44			
Plessenburg	2.40	14:03	5:51	25	4:13	129	4:54	6.50	41:23	6:21	32	13:03	166	15:38			
Oehrenfeld	3.40	17:07	5:02	35	5:15	183	6:12	9.90	58:30	5:54	34	18:18	178	21:50			
Ilsestein	4.80	33:13	6:55	37	11:46	192	23:22	14.70	1:31:43	6:14	35	30:04	186	35:08			
Plessenburg	2.30	16:53	7:20	35	6:44	189	7:15	17.00	1:48:36	6:23	35	36:48	184	42:23			
Oehrenfeld	3.40	21:11	6:13	44	9:03	283	9:50	20.40	2:09:47	6:21	38	45:51	205	52:13			
Ilseburg/Markt	4.50	33:44	7:29	47	16:41	299	16:58	24.90	2:43:31	6:34	41	1:02:32	229	1:09:11			