



53. Brockenlauf
Ilseburg / 07.09.2024

Ilseburg

Rene Wittig

km: 497

km: 24.90 km
24,9 km - Lauf

km: 45
Senioren M40 (40-44) B

km: 3:02:57
km: 7.87 km/h
km: 7:20 min/km
km/100km: 351 (of 433)
km/100km: 292 (of 351)
km: 1:34:20
km: 45(of 53)
km: 1:40:59

Ilseburg

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	km	min/km	-	-	km	km	km	km	min/km	-	-	km	km	
Ilsestein	4.10	36:42	8:57	52	18:12	343	20:06	4.10	36:42	8:57	52	18:12	343	20:06
Plessenburg	2.40	20:07	8:22	52	10:17	341	10:58	6.50	56:49	8:44	52	28:29	346	31:04
Oehrenfeld	3.40	21:41	6:22	51	9:49	334	10:46	9.90	1:18:30	7:55	52	38:18	346	41:50
Ilsestein	4.80	40:43	8:28	49	19:16	316	30:52	14.70	1:59:13	8:06	52	57:34	337	1:02:38
Plessenburg	2.30	15:47	6:51	26	5:38	135	6:09	17.00	2:15:00	7:56	50	1:03:12	318	1:08:47
Oehrenfeld	3.40	22:39	6:39	46	10:31	309	11:18	20.40	2:37:39	7:43	50	1:13:43	320	1:20:05
Ilseburg/Markt	4.50	25:18	5:37	25	8:15	132	8:32	24.90	3:02:57	7:20	45	1:21:58	292	1:28:37