



53. Brockenlauf  
Ilseburg / 07.09.2024

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Andreas Fuhrig

□□: 135

□□: 24.90 km  
24,9 km - Lauf

□□□□:  
Senioren M45 (45-49) B

□□□: 2:15:37

□□: 10.62 km/h  
□□□□: 5:26 min/km

□□□□□/□□□: 90 (of 433)

□□□□□/□: 79 (of 351)

□□□□□□: 1:34:20

□□□□□: 10(of 43)

□□□□□□□: 1:51:51

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| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Ilsestein      | 4.10     | 22:39    | 5:31         | 8       | 3:09    | 56      | 6:03    | 4.10  | 22:39     | 5:31      | 8             | 3:09    | 56      | 6:03    |         |
| Plessenburg    | 2.40     | 12:08    | 5:03         | 7       | 1:23    | 49      | 2:59    | 6.50  | 34:47     | 5:21      | 7             | 4:32    | 53      | 9:02    |         |
| Oehrenfeld     | 3.40     | 14:48    | 4:21         | 7       | 2:24    | 77      | 3:53    | 9.90  | 49:35     | 5:00      | 7             | 6:56    | 57      | 12:55   |         |
| Ilsestein      | 4.80     | 29:36    | 6:10         | 11      | 5:27    | 88      | 19:45   | 14.70 | 1:19:11   | 5:23      | 9             | 12:23   | 66      | 22:36   |         |
| Plessenburg    | 2.30     | 15:36    | 6:46         | 15      | 3:50    | 129     | 5:58    | 17.00 | 1:34:47   | 5:34      | 10            | 16:13   | 75      | 28:34   |         |
| Oehrenfeld     | 3.40     | 16:16    | 4:47         | 11      | 3:18    | 101     | 4:55    | 20.40 | 1:51:03   | 5:26      | 10            | 19:31   | 80      | 33:29   |         |
| Ilseburg/Markt | 4.50     | 24:34    | 5:27         | 16      | 4:15    | 107     | 7:48    | 24.90 | 2:15:37   | 5:26      | 10            | 23:46   | 79      | 41:17   |         |