



53. Brockenlauf
Ilseburg / 07.09.2024

Ilseburg

Frank Röder

Age: 357

Distance: 24.90 km
24,9 km - Lauf

Category:
Senioren M45 (45-49) B

Time: 2:21:04

Speed: 10.21 km/h
Pace: 5:39 min/km

Rank/Total: 116 (of 433)
Rank/Category: 104 (of 351)
Rank/Group: 1:34:20
Rank/Group: 12(of 43)
Rank/Group: 1:51:51

Ilseburg								Ilseburg							
km	km	min/km	-	-	km	km	km	km	km	min/km	-	-	km	km	km
Ilsestein	4.10	25:19	6:10	13	5:49	115	8:43	4.10	25:19	6:10	13	5:49	115	8:43	
Plessenburg	2.40	13:21	5:33	11	2:36	98	4:12	6.50	38:40	5:56	11	8:25	104	12:55	
Oehrenfeld	3.40	15:46	4:38	14	3:22	120	4:51	9.90	54:26	5:29	12	11:47	106	17:46	
Ilsestein	4.80	29:17	6:06	10	5:08	85	19:26	14.70	1:23:43	5:41	11	16:55	100	27:08	
Plessenburg	2.30	15:06	6:33	11	3:20	101	5:28	17.00	1:38:49	5:48	11	20:15	98	32:36	
Oehrenfeld	3.40	17:00	5:00	16	4:02	139	5:39	20.40	1:55:49	5:40	11	24:17	99	38:15	
Ilseburg/Markt	4.50	25:15	5:36	19	4:56	129	8:29	24.90	2:21:04	5:39	12	29:13	104	46:44	