



53. Brockenlauf
Ilseburg / 07.09.2024

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Frank Reinecke

□□□: 2:05:31

□□: 24

□□: 11.47 km/h

□□□□: 5:02 min/km

□□: 24.90 km

□□□□□/□□□: 43 (of 433)

24,9 km - Lauf

□□□□□/□: 39 (of 351)

□□□□□□: 1:34:20

□□□□:

□□□□□: 5(of 42)

Senioren M50 (50-54) B

□□□□□□□: 1:48:31

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Ilsestein | 4.10 | 21:56 | 5:20 | 5 | 2:21 | 45 | 5:20 | 4.10 | 21:56 | 5:20 | 5 | 2:21 | 45 | 5:20 | |
| Plessenburg | 2.40 | 11:58 | 4:59 | 5 | 1:31 | 42 | 2:49 | 6.50 | 33:54 | 5:12 | 6 | 3:52 | 45 | 8:09 | |
| Oehrenfeld | 3.40 | 14:21 | 4:13 | 6 | 2:40 | 63 | 3:26 | 9.90 | 48:15 | 4:52 | 6 | 6:32 | 45 | 11:35 | |
| Ilsestein | 4.80 | 26:01 | 5:25 | 4 | 2:12 | 32 | 16:10 | 14.70 | 1:14:16 | 5:03 | 5 | 8:44 | 42 | 17:41 | |
| Plessenburg | 2.30 | 12:39 | 5:30 | 4 | 1:13 | 29 | 3:01 | 17.00 | 1:26:55 | 5:06 | 5 | 9:57 | 36 | 20:42 | |
| Oehrenfeld | 3.40 | 15:08 | 4:27 | 6 | 2:19 | 52 | 3:47 | 20.40 | 1:42:03 | 5:00 | 5 | 12:16 | 35 | 24:29 | |
| Ilseburg/Markt | 4.50 | 23:28 | 5:12 | 9 | 4:44 | 72 | 6:42 | 24.90 | 2:05:31 | 5:02 | 5 | 17:00 | 39 | 31:11 | |