



53. Brockenlauf  
Ilseburg / 07.09.2024

□□□□

Christian Gerhardt

□□: 145

□□: 24.90 km  
24,9 km - Lauf

□□□□:  
Senioren M50 (50-54) B

□□□: 2:22:25

□□: 10.11 km/h  
□□□□: 5:43 min/km

□□□□□/□□□: 124 (of 433)

□□□□□/□: 112 (of 351)

□□□□□□: 1:34:20

□□□□□: 12(of 42)

□□□□□□□: 1:48:31

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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     | 23:57    | 5:50         | 7       | 4:22    | 78      | 7:21    | 4.10  | 23:57     | 5:50      | 7             | 4:22    | 78      | 7:21    |         |
| Plessenburg    | 2.40     | 12:58    | 5:24         | 8       | 2:31    | 81      | 3:49    | 6.50  | 36:55     | 5:40      | 8             | 6:53    | 78      | 11:10   |         |
| Oehrenfeld     | 3.40     | 14:59    | 4:24         | 8       | 3:18    | 90      | 4:04    | 9.90  | 51:54     | 5:14      | 8             | 10:11   | 82      | 15:14   |         |
| Ilsestein      | 4.80     | 30:47    | 6:24         | 13      | 6:58    | 130     | 20:56   | 14.70 | 1:22:41   | 5:37      | 8             | 17:09   | 93      | 26:06   |         |
| Plessenburg    | 2.30     | 15:38    | 6:47         | 13      | 4:12    | 130     | 6:00    | 17.00 | 1:38:19   | 5:46      | 10            | 21:21   | 95      | 32:06   |         |
| Oehrenfeld     | 3.40     | 16:39    | 4:53         | 10      | 3:50    | 116     | 5:18    | 20.40 | 1:54:58   | 5:38      | 10            | 25:11   | 96      | 37:24   |         |
| Ilseburg/Markt | 4.50     | 27:27    | 6:05         | 15      | 8:43    | 179     | 10:41   | 24.90 | 2:22:25   | 5:43      | 12            | 33:54   | 112     | 48:05   |         |