



53. Brockenlauf
Ilseburg / 07.09.2024

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Frank Görlich

□□□: 3:13:01

□□: 153

□□: 7.46 km/h

□□□□: 7:45 min/km

□□: 24.90 km

□□□□□/□□□: 387 (of 433)

24,9 km - Lauf

□□□□□/□: 319 (of 351)

□□□□□□: 1:34:20

□□□□:

□□□□□: 37(of 42)

Senioren M50 (50-54) B

□□□□□□□: 1:48:31

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Ilsestein | 4.10 | 32:55 | 8:01 | 37 | 13:20 | 321 | 16:19 | 4.10 | 32:55 | 8:01 | 37 | 13:20 | 321 | 16:19 | |
| Plessenburg | 2.40 | 20:09 | 8:23 | 39 | 9:42 | 342 | 11:00 | 6.50 | 53:04 | 8:09 | 38 | 23:02 | 327 | 27:19 | |
| Oehrenfeld | 3.40 | 19:39 | 5:46 | 33 | 7:58 | 290 | 8:44 | 9.90 | 1:12:43 | 7:20 | 37 | 31:00 | 323 | 36:03 | |
| Ilsestein | 4.80 | 42:29 | 8:51 | 37 | 18:40 | 329 | 32:38 | 14.70 | 1:55:12 | 7:50 | 38 | 49:40 | 327 | 58:37 | |
| Plessenburg | 2.30 | 21:44 | 9:26 | 37 | 10:18 | 328 | 12:06 | 17.00 | 2:16:56 | 8:03 | 38 | 59:58 | 326 | 1:10:43 | |
| Oehrenfeld | 3.40 | 19:58 | 5:52 | 29 | 7:09 | 257 | 8:37 | 20.40 | 2:36:54 | 7:41 | 37 | 1:07:07 | 319 | 1:19:20 | |
| Ilseburg/Markt | 4.50 | 36:07 | 8:01 | 38 | 17:23 | 321 | 19:21 | 24.90 | 3:13:01 | 7:45 | 37 | 1:24:30 | 319 | 1:38:41 | |