



# 53. Brockenlauf

Ilseburg / 07.09.2024

□□□□

**Michael Mayer**

□□: KaMaToMi  
 □□: 296

□□: 24.90 km  
 24,9 km - Lauf

□□□□:  
 Senioren M50 (50-54) B

□□□: 3:15:17

□□: 7.37 km/h  
 □□□□: 7:50 min/km

□□□□□/□□□: 393 (of 433)

□□□□□/□: 324 (of 351)

□□□□□□: 1:34:20

□□□□□: 38(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     | 32:25    | 7:54         | 36      | 12:50   | 312     | 15:49   | 4.10  | 32:25     | 7:54      | 36            | 12:50   | 312     | 15:49   |         |
| Plessenburg    | 2.40     | 20:40    | 8:36         | 41      | 10:13   | 347     | 11:31   | 6.50  | 53:05     | 8:10      | 39            | 23:03   | 329     | 27:20   |         |
| Oehrenfeld     | 3.40     | 21:11    | 6:13         | 40      | 9:30    | 331     | 10:16   | 9.90  | 1:14:16   | 7:30      | 39            | 32:33   | 330     | 37:36   |         |
| Ilsestein      | 4.80     | 40:14    | 8:22         | 34      | 16:25   | 310     | 30:23   | 14.70 | 1:54:30   | 7:47      | 37            | 48:58   | 324     | 57:55   |         |
| Plessenburg    | 2.30     | 21:13    | 9:13         | 36      | 9:47    | 320     | 11:35   | 17.00 | 2:15:43   | 7:59      | 37            | 58:45   | 319     | 1:09:30 |         |
| Oehrenfeld     | 3.40     | 24:15    | 7:07         | 39      | 11:26   | 326     | 12:54   | 20.40 | 2:39:58   | 7:50      | 38            | 1:10:11 | 326     | 1:22:24 |         |
| Ilseburg/Markt | 4.50     | 35:19    | 7:50         | 35      | 16:35   | 311     | 18:33   | 24.90 | 3:15:17   | 7:50      | 38            | 1:26:46 | 324     | 1:40:57 |         |