



53. Brockenlauf
Ilseburg / 07.09.2024

Maik Witt

Team Teichteufel

493

24.90 km
24,9 km - Lauf

Senioren M50 (50-54) B

3:49:41

6.27 km/h
9:13 min/km

424 (of 433)
344 (of 351)
1:34:20
42(of 42)
1:48:31

Ilseburg								Plessenburg							
km	min	sec	min/km	-	-	min	sec	km	min	sec	min/km	-	-	min	sec
Ilsestein	4.10	37:48	9:13	42	18:13	349	21:12	Ilsestein	4.10	37:48	9:13	42	18:13	349	21:12
Plessenburg	2.40	20:42	8:37	42	10:15	348	11:33	Plessenburg	6.50	58:30	9:00	42	28:28	349	32:45
Oehrenfeld	3.40	20:30	6:01	37	8:49	317	9:35	Oehrenfeld	9.90	1:19:00	7:58	42	37:17	347	42:20
Ilsestein	4.80	48:25	10:05	42	24:36	348	38:34	Ilsestein	14.70	2:07:25	8:40	42	1:01:53	347	1:10:50
Plessenburg	2.30	25:00	10:52	42	13:34	342	15:22	Plessenburg	17.00	2:32:25	8:57	42	1:15:27	344	1:26:12
Oehrenfeld	3.40	29:01	8:32	42	16:12	342	17:40	Oehrenfeld	20.40	3:01:26	8:53	42	1:31:39	344	1:43:52
Ilseburg/Markt	4.50	48:15	10:43	42	29:31	346	31:29	Ilseburg/Markt	24.90	3:49:41	9:13	42	2:01:10	344	2:15:21