



53. Brockenlauf
Ilseburg / 07.09.2024

Ilseburg

Harry Evers

Rank: 111

Distance: 24.90 km
24,9 km - Lauf

Age Group:
Senioren M55 (55-59) B

Time: 2:14:57

Speed: 10.67 km/h
Pace: 5:25 min/km

Rank / Total: 89 (of 433)
Rank / Age Group: 78 (of 351)
Pace: 1:34:20
Rank / Age Group: 7 (of 49)
Pace: 1:58:23

Ilseburg

Ilseburg

Ilseburg

Ilseburg	km	Time	Pace	Rank	Age Group	Rank	Age Group	Ilseburg	km	Time	Pace	Rank	Age Group	Rank	Age Group
Ilsestein	4.10	22:26	5:28	4	1:39	51	5:50	4.10	22:26	5:28	4	1:39	51	5:50	
Plessenburg	2.40	12:55	5:22	7	1:25	77	3:46	6.50	35:21	5:26	5	3:04	59	9:36	
Oehrenfeld	3.40	13:16	3:54	1	-	27	2:21	9.90	48:37	4:54	3	2:54	49	11:57	
Ilsestein	4.80	30:46	6:24	12	5:14	129	20:55	14.70	1:19:23	5:24	6	8:08	69	22:48	
Plessenburg	2.30	15:06	6:33	9	2:40	101	5:28	17.00	1:34:29	5:33	7	10:48	73	28:16	
Oehrenfeld	3.40	15:17	4:29	5	1:30	56	3:56	20.40	1:49:46	5:22	7	12:18	70	32:12	
Ilseburg/Markt	4.50	25:11	5:35	12	4:16	126	8:25	24.90	2:14:57	5:25	7	16:34	78	40:37	