



# 53. Brockenlauf

Ilseburg / 07.09.2024

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Harald Eitner

□□□: 2:41:41

□□: 106

□□: 8.91 km/h

□□□□: 6:29 min/km

□□: 24.90 km

□□□□□/□□□: 247 (of 433)

24,9 km - Lauf

□□□□□/□: 220 (of 351)

□□□□□□: 1:34:20

□□□□:

□□□□□: 28(of 49)

Senioren M55 (55-59) B

□□□□□□□: 1:58:23

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□□□

| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Ilsestein      | 4.10     | 27:16    | 6:39         | 25      | 6:29    | 180     | 10:40   | 4.10  | 27:16     | 6:39          | 25      | 6:29    | 180     | 10:40   |
| Plessenburg    | 2.40     | 16:38    | 6:55         | 35      | 5:08    | 270     | 7:29    | 6.50  | 43:54     | 6:45          | 28      | 11:37   | 216     | 18:09   |
| Oehrenfeld     | 3.40     | 18:26    | 5:25         | 32      | 5:10    | 248     | 7:31    | 9.90  | 1:02:20   | 6:17          | 29      | 16:37   | 231     | 25:40   |
| Ilsestein      | 4.80     | 33:56    | 7:04         | 25      | 8:24    | 207     | 24:05   | 14.70 | 1:36:16   | 6:32          | 26      | 25:01   | 220     | 39:41   |
| Plessenburg    | 2.30     | 18:40    | 8:06         | 37      | 6:14    | 269     | 9:02    | 17.00 | 1:54:56   | 6:45          | 28      | 31:15   | 226     | 48:43   |
| Oehrenfeld     | 3.40     | 19:03    | 5:36         | 27      | 5:16    | 219     | 7:42    | 20.40 | 2:13:59   | 6:34          | 30      | 36:31   | 231     | 56:25   |
| Ilseburg/Markt | 4.50     | 27:42    | 6:09         | 20      | 6:47    | 187     | 10:56   | 24.90 | 2:41:41   | 6:29          | 28      | 43:18   | 220     | 1:07:21 |