



# 53. Brockenlauf

Ilseburg / 07.09.2024

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Ulrich Klute

□□: Eggesprinter

□□: 231

□□: 24.90 km

24,9 km - Lauf

□□□□:

Senioren M55 (55-59) B

□□□: 3:00:12

□□: 7.99 km/h

□□□□: 7:14 min/km

□□□□□/□□□: 343 (of 433)

□□□□□/□: 288 (of 351)

□□□□□□: 1:34:20

□□□□□: 41(of 49)

□□□□□□□: 1:58:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Ilsestein	4.10	32:56	8:01	46	12:09	322	16:20	4.10	32:56	8:01	46	12:09	322	16:20
Plessenburg	2.40	17:47	7:24	42	6:17	303	8:38	6.50	50:43	7:48	45	18:26	316	24:58
Oehrenfeld	3.40	17:48	5:14	28	4:32	228	6:53	9.90	1:08:31	6:55	40	22:48	294	31:51
Ilsestein	4.80	39:26	8:12	42	13:54	297	29:35	14.70	1:47:57	7:20	42	36:42	300	51:22
Plessenburg	2.30	20:54	9:05	44	8:28	313	11:16	17.00	2:08:51	7:34	43	45:10	302	1:02:38
Oehrenfeld	3.40	21:47	6:24	42	8:00	300	10:26	20.40	2:30:38	7:23	41	53:10	296	1:13:04
Ilseburg/Markt	4.50	29:34	6:34	31	8:39	230	12:48	24.90	3:00:12	7:14	41	1:01:49	288	1:25:52