



53. Brockenlauf
Ilseburg / 07.09.2024

□□□□

Matthias Müller

□□□: 3:23:44

□□: 312

□□: 7.07 km/h

□□□□: 8:10 min/km

□□: 24.90 km

□□□□□/□□□: 410 (of 433)

24,9 km - Lauf

□□□□□/□: 337 (of 351)

□□□□□□: 1:34:20

□□□□:

□□□□□: 23(of 24)

Senioren M65 (65-69) B

□□□□□□□: 2:08:44

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Ilsestein | 4.10 | 29:58 | 7:18 | 17 | 7:05 | 271 | 13:22 | 4.10 | 29:58 | 7:18 | 17 | 7:05 | 271 | 13:22 | |
| Plessenburg | 2.40 | 19:12 | 8:00 | 23 | 7:03 | 329 | 10:03 | 6.50 | 49:10 | 7:33 | 18 | 14:08 | 304 | 23:25 | |
| Oehrenfeld | 3.40 | 20:32 | 6:02 | 21 | 7:03 | 318 | 9:37 | 9.90 | 1:09:42 | 7:02 | 20 | 21:11 | 309 | 33:02 | |
| Ilsestein | 4.80 | 40:03 | 8:20 | 20 | 12:42 | 309 | 30:12 | 14.70 | 1:49:45 | 7:27 | 19 | 33:53 | 308 | 53:10 | |
| Plessenburg | 2.30 | 26:44 | 11:37 | 23 | 13:21 | 344 | 17:06 | 17.00 | 2:16:29 | 8:01 | 22 | 43:55 | 323 | 1:10:16 | |
| Oehrenfeld | 3.40 | 30:04 | 8:50 | 24 | 15:57 | 344 | 18:43 | 20.40 | 2:46:33 | 8:09 | 23 | 59:52 | 337 | 1:28:59 | |
| Ilseburg/Markt | 4.50 | 37:11 | 8:15 | 22 | 15:08 | 327 | 20:25 | 24.90 | 3:23:44 | 8:10 | 23 | 1:15:00 | 337 | 1:49:24 | |