



53. Brockenlauf
Ilseburg / 07.09.2024

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Juergen Wardecki

□□□: 3:27:35

□□: 476

□□: 6.94 km/h

□□□□: 8:20 min/km

□□: 24.90 km

□□□□□/□□□: 414 (of 433)

24,9 km - Lauf

□□□□□/□: 339 (of 351)

□□□□□□: 1:34:20

□□□□:

□□□□□: 24(of 24)

Senioren M65 (65-69) B

□□□□□□□: 2:08:44

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Ilsestein | 4.10 | 34:21 | 8:22 | 22 | 11:28 | 329 | 17:45 | 4.10 | 34:21 | 8:22 | 22 | 11:28 | 329 | 17:45 | |
| Plessenburg | 2.40 | 20:19 | 8:27 | 24 | 8:10 | 344 | 11:10 | 6.50 | 54:40 | 8:24 | 23 | 19:38 | 338 | 28:55 | |
| Oehrenfeld | 3.40 | 22:09 | 6:30 | 23 | 8:40 | 341 | 11:14 | 9.90 | 1:16:49 | 7:45 | 24 | 28:18 | 342 | 40:09 | |
| Ilsestein | 4.80 | 42:45 | 8:54 | 23 | 15:24 | 330 | 32:54 | 14.70 | 1:59:34 | 8:08 | 24 | 43:42 | 339 | 1:02:59 | |
| Plessenburg | 2.30 | 27:07 | 11:47 | 24 | 13:44 | 346 | 17:29 | 17.00 | 2:26:41 | 8:37 | 24 | 54:07 | 341 | 1:20:28 | |
| Oehrenfeld | 3.40 | 24:42 | 7:15 | 23 | 10:35 | 328 | 13:21 | 20.40 | 2:51:23 | 8:24 | 24 | 1:04:42 | 339 | 1:33:49 | |
| Ilseburg/Markt | 4.50 | 36:12 | 8:02 | 20 | 14:09 | 322 | 19:26 | 24.90 | 3:27:35 | 8:20 | 24 | 1:18:51 | 339 | 1:53:15 | |