



53. Brockenlauf
Ilseburg / 07.09.2024

Ilseburg

Axel Wittig

Age: 495

Distance: 24.90 km
24,9 km - Lauf

Category:
Senioren M70 (70-74) B

Time: 3:02:53

Speed: 7.87 km/h
Pace: 7:20 min/km

Rank/Total: 350 (of 433)
Rank/Category: 291 (of 351)
Rank/Category: 1:34:20
Rank/Category: 1(of 2)
Rank/Category: 3:02:53

Ilseburg

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Ilseburg	km	Time	Pace	Rank	Category	Rank	Time	km	Time	Pace	Rank	Category	Rank	Time
Ilsestein	4.10	31:17	7:37	1	-	299	14:41	4.10	31:17	7:37	1	-	299	14:41
Plessenburg	2.40	16:49	7:00	1	-	274	7:40	6.50	48:06	7:24	1	-	289	22:21
Oehrenfeld	3.40	18:06	5:19	1	-	240	7:11	9.90	1:06:12	6:41	1	-	282	29:32
Ilsestein	4.80	40:02	8:20	1	-	308	30:11	14.70	1:46:14	7:13	1	-	294	49:39
Plessenburg	2.30	20:46	9:01	1	-	309	11:08	17.00	2:07:00	7:28	1	-	294	1:00:47
Oehrenfeld	3.40	21:20	6:16	1	-	290	9:59	20.40	2:28:20	7:16	1	-	292	1:10:46
Ilseburg/Markt	4.50	34:33	7:40	1	-	307	17:47	24.90	3:02:53	7:20	1	-	291	1:28:33