



53. Brockenlauf

Ilseburg / 07.09.2024

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Anika Höckendorff

□□: Anni

□□: 199

□□: 24.90 km

24,9 km - Lauf

□□□□:

Seniorinnen W35 (35-39) B

□□□: 2:27:44

□□: 9.75 km/h

□□□□: 5:55 min/km

□□□□□/□□□: 156 (of 433)

□□□□□/□: 15 (of 82)

□□□□□□: 1:53:56

□□□□□: 2(of 7)

□□□□□□□: 2:12:09

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Ilsestein | 4.10 | 26:51 | 6:32 | 2 | 3:42 | 15 | 6:11 | 4.10 | 26:51 | 6:32 | 2 | 3:42 | 15 | 6:11 | |
| Plessenburg | 2.40 | 15:07 | 6:17 | 2 | 2:48 | 20 | 3:48 | 6.50 | 41:58 | 6:27 | 2 | 6:30 | 15 | 9:59 | |
| Oehrenfeld | 3.40 | 16:15 | 4:46 | 2 | 1:36 | 17 | 3:23 | 9.90 | 58:13 | 5:52 | 2 | 8:06 | 16 | 12:55 | |
| Ilsestein | 4.80 | 31:25 | 6:32 | 2 | 2:34 | 14 | 7:12 | 14.70 | 1:29:38 | 6:05 | 2 | 10:40 | 15 | 20:07 | |
| Plessenburg | 2.30 | 16:07 | 7:00 | 2 | 2:19 | 16 | 4:32 | 17.00 | 1:45:45 | 6:13 | 2 | 12:59 | 15 | 24:39 | |
| Oehrenfeld | 3.40 | 16:16 | 4:47 | 2 | 0:33 | 16 | 2:54 | 20.40 | 2:02:01 | 5:58 | 2 | 13:32 | 14 | 27:33 | |
| Ilseburg/Markt | 4.50 | 25:43 | 5:42 | 2 | 2:03 | 16 | 6:15 | 24.90 | 2:27:44 | 5:55 | 2 | 15:35 | 15 | 33:48 | |