



53. Brockenlauf  
Ilseburg / 07.09.2024

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Annika Grube

□□□: 3:03:07

□□: 162

□□: 7.86 km/h

□□□□: 7:21 min/km

□□: 24.90 km

□□□□□/□□□: 354 (of 433)

24,9 km - Lauf

□□□□□/□: 60 (of 82)

□□□□□□: 1:53:56

□□□□:

□□□□□: 14(of 20)

Seniorinnen W40 (40-44) B

□□□□□□□: 1:53:56

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Ilsestein	4.10	30:50	7:31	12	10:10	42	10:10	4.10	30:50	7:31	12	10:10	42	10:10
Plessenburg	2.40	17:15	7:11	13	5:56	50	5:56	6.50	48:05	7:23	13	16:06	45	16:06
Oehrenfeld	3.40	20:08	5:55	15	6:49	63	7:16	9.90	1:08:13	6:53	13	22:55	47	22:55
Ilsestein	4.80	38:15	7:58	12	14:02	51	14:02	14.70	1:46:28	7:14	12	36:57	49	36:57
Plessenburg	2.30	19:06	8:18	13	7:31	55	7:31	17.00	2:05:34	7:23	12	44:28	50	44:28
Oehrenfeld	3.40	23:15	6:50	17	9:53	68	9:53	20.40	2:28:49	7:17	13	54:21	54	54:21
Ilseburg/Markt	4.50	34:18	7:37	16	14:50	69	14:50	24.90	3:03:07	7:21	14	1:09:11	60	1:09:11