



53. Brockenlauf

Ilseburg / 07.09.2024

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Jana Zeitz

□□: Eggesprinter

□□: 508

□□: 24.90 km

24,9 km - Lauf

□□□□:

Seniorinnen W45 (45-49) B

□□□: 3:00:12

□□: 7.99 km/h

□□□□: 7:14 min/km

□□□□□/□□□: 344 (of 433)

□□□□□/□: 56 (of 82)

□□□□□□: 1:53:56

□□□□□: 5(of 8)

□□□□□□□: 2:40:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Ilsestein	4.10	32:46	7:59	6	5:42	61	12:06	4.10	32:46	7:59	6	5:42	61	12:06
Plessenburg	2.40	17:57	7:28	5	2:28	59	6:38	6.50	50:43	7:48	6	7:54	62	18:44
Oehrenfeld	3.40	17:48	5:14	3	1:17	32	4:56	9.90	1:08:31	6:55	4	8:30	50	23:13
Ilsestein	4.80	39:24	8:12	6	5:53	58	15:11	14.70	1:47:55	7:20	5	12:39	53	38:24
Plessenburg	2.30	20:49	9:03	6	3:43	65	9:14	17.00	2:08:44	7:34	6	15:37	58	47:38
Oehrenfeld	3.40	21:54	6:26	6	3:39	63	8:32	20.40	2:30:38	7:23	6	19:05	61	56:10
Ilseburg/Markt	4.50	29:34	6:34	5	3:44	48	10:06	24.90	3:00:12	7:14	5	19:30	56	1:06:16