



53. Brockenlauf

Ilseburg / 07.09.2024

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Ramona Gottschald

□□: MeinLieblingsteam

□□: 154

□□: 24.90 km

24,9 km - Lauf

□□□□:

Seniorinnen W45 (45-49) B

□□□: 3:02:48

□□: 7.88 km/h

□□□□: 7:20 min/km

□□□□□/□□□: 349 (of 433)

□□□□□/□: 59 (of 82)

□□□□□□: 1:53:56

□□□□□: 6(of 8)

□□□□□□□: 2:40:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Ilsestein	4.10	32:17	7:52	5	5:13	59	11:37	4.10	32:17	7:52	5	5:13	59	11:37	
Plessenburg	2.40	17:58	7:29	6	2:29	60	6:39	6.50	50:15	7:43	5	7:26	58	18:16	
Oehrenfeld	3.40	19:44	5:48	4	3:13	53	6:52	9.90	1:09:59	7:04	6	9:58	60	24:41	
Ilsestein	4.80	39:18	8:11	5	5:47	56	15:05	14.70	1:49:17	7:26	6	14:01	59	39:46	
Plessenburg	2.30	19:07	8:18	5	2:01	56	7:32	17.00	2:08:24	7:33	5	15:17	57	47:18	
Oehrenfeld	3.40	20:36	6:03	4	2:21	51	7:14	20.40	2:29:00	7:18	5	17:27	56	54:32	
Ilseburg/Markt	4.50	33:48	7:30	6	7:58	66	14:20	24.90	3:02:48	7:20	6	22:06	59	1:08:52	