



53. Brockenlauf

Ilseburg / 07.09.2024

□□□□

Sandra Grambart

□□□: 3:21:43

□□: 156

□□: 7.14 km/h

□□□□: 8:06 min/km

□□: 24.90 km

□□□□□/□□□: 409 (of 433)

24,9 km - Lauf

□□□□□/□: 73 (of 82)

□□□□□□: 1:53:56

□□□□:

□□□□□: 7(of 8)

Seniorinnen W45 (45-49) B

□□□□□□□: 2:40:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Ilsestein	4.10	34:17	8:21	8	7:13	70	13:37	4.10	34:17	8:21	8	7:13	70	13:37	
Plessenburg	2.40	19:12	8:00	7	3:43	70	7:53	6.50	53:29	8:13	8	10:40	72	21:30	
Oehrenfeld	3.40	20:53	6:08	6	4:22	68	8:01	9.90	1:14:22	7:30	7	14:21	70	29:04	
Ilsestein	4.80	44:09	9:11	7	10:38	73	19:56	14.70	1:58:31	8:03	7	23:15	73	49:00	
Plessenburg	2.30	21:16	9:14	7	4:10	67	9:41	17.00	2:19:47	8:13	7	26:40	72	58:41	
Oehrenfeld	3.40	24:03	7:04	7	5:48	71	10:41	20.40	2:43:50	8:01	7	32:17	73	1:09:22	
Ilseburg/Markt	4.50	37:53	8:25	8	12:03	77	18:25	24.90	3:21:43	8:06	7	41:01	73	1:27:47	