



53. Brockenlauf
Ilseburg / 07.09.2024

Ilseburg

Hildebrandt Verena

Age: 466

Distance: 24.90 km
24,9 km - Lauf

Category:
Seniorinnen W45 (45-49) B

Time: 3:27:32

Speed: 6.94 km/h
Pace: 8:20 min/km

Rank (overall): 413 (of 433)
Rank (category): 75 (of 82)
Rank (age group): 1:53:56
Rank (age group): 8(of 8)
Rank (age group): 2:40:42

Ilseburg

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Ilseburg	km	Time	Pace	Rank	Age	Rank	Age	Ilseburg	km	Time	Pace	Rank	Age	Rank	Age
Ilsestein	4.10	33:55	8:16	7	6:51	68	13:15	4.10	33:55	8:16	7	6:51	68	13:15	
Plessenburg	2.40	19:21	8:03	8	3:52	73	8:02	6.50	53:16	8:11	7	10:27	68	21:17	
Oehrenfeld	3.40	22:43	6:40	8	6:12	78	9:51	9.90	1:15:59	7:40	8	15:58	75	30:41	
Ilsestein	4.80	45:24	9:27	8	11:53	74	21:11	14.70	2:01:23	8:15	8	26:07	75	51:52	
Plessenburg	2.30	23:31	10:13	8	6:25	79	11:56	17.00	2:24:54	8:31	8	31:47	74	1:03:48	
Oehrenfeld	3.40	26:05	7:40	8	7:50	78	12:43	20.40	2:50:59	8:22	8	39:26	75	1:16:31	
Ilseburg/Markt	4.50	36:33	8:07	7	10:43	74	17:05	24.90	3:27:32	8:20	8	46:50	75	1:33:36	