



53. Brockenlauf
Ilseburg / 07.09.2024

0000

Corina Hörsken

00: 542

00: 24.90 km
24,9 km - Lauf

0000:
Seniorinnen W50 (50-54) B

000: 3:17:54

00: 7.28 km/h
0000: 7:56 min/km

00000/000: 402 (of 433)
00000/0: 70 (of 82)
000000: 1:53:56
00000: 9(of 10)
0000000: 2:08:58

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Ilsestein	4.10	32:59	8:02	7	10:00	63	12:19	4.10	32:59	8:02	7	10:00	63	12:19	
Plessenburg	2.40	20:23	8:29	10	7:45	78	9:04	6.50	53:22	8:12	8	17:45	70	21:23	
Oehrenfeld	3.40	22:36	6:38	10	8:19	75	9:44	9.90	1:15:58	7:40	10	26:04	74	30:40	
Ilsestein	4.80	41:57	8:44	9	14:08	70	17:44	14.70	1:57:55	8:01	9	39:21	72	48:24	
Plessenburg	2.30	21:28	9:20	9	8:00	69	9:53	17.00	2:19:23	8:11	9	47:03	71	58:17	
Oehrenfeld	3.40	24:27	7:11	10	10:07	73	11:05	20.40	2:43:50	8:01	10	57:10	73	1:09:22	
Ilseburg/Markt	4.50	34:04	7:34	9	11:46	68	14:36	24.90	3:17:54	7:56	9	1:08:56	70	1:23:58	