



53. Brockenlauf
Ilseburg / 07.09.2024

Ilseburg

Alexandra Kohler

Age: 240

Distance: 24.90 km
24,9 km - Lauf

Category:
Seniorinnen W55 (55-59) B

Time: 2:44:41

Speed: 8.74 km/h
Pace: 6:36 min/km

Rank/Total: 272 (of 433)
Rank/Category: 35 (of 82)
Rank/Category: 1:53:56
Rank/Category: 3(of 11)
Rank/Category: 2:12:44

Ilseburg

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Ilseburg	km	Age	Pace min/km	-	-	Ilseburg	Ilseburg	Ilseburg	Age	Pace min/km	-	-	Ilseburg	Ilseburg
Ilsestein	4.10	29:35	7:12	3	6:27	36	8:55	4.10	29:35	7:12	3	6:27	36	8:55
Plessenburg	2.40	16:03	6:41	2	3:01	29	4:44	6.50	45:38	7:01	3	9:28	33	13:39
Oehrenfeld	3.40	19:54	5:51	8	4:44	59	7:02	9.90	1:05:32	6:37	3	14:12	38	20:14
Ilsestein	4.80	35:10	7:19	2	6:45	27	10:57	14.70	1:40:42	6:51	3	20:57	35	31:11
Plessenburg	2.30	17:57	7:48	4	3:03	39	6:22	17.00	1:58:39	6:58	3	24:00	35	37:33
Oehrenfeld	3.40	19:08	5:37	3	4:09	36	5:46	20.40	2:17:47	6:45	4	28:09	36	43:19
Ilseburg/Markt	4.50	26:54	5:58	2	3:48	27	7:26	24.90	2:44:41	6:36	3	31:57	35	50:45