



53. Brockenlauf  
Ilseburg / 07.09.2024

0000

Angela Jabado

000: 2:52:46

00: 207

00: 8.33 km/h

0000: 6:56 min/km

00: 24.90 km

00000/000: 315 (of 433)

24,9 km - Lauf

00000/0: 45 (of 82)

000000: 1:53:56

0000:

00000: 6(of 11)

Seniorinnen W55 (55-59) B

0000000: 2:12:44

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Ilsestein	4.10	30:56	7:32	6	7:48	44	10:16	4.10	30:56	7:32	6	7:48	44	10:16
Plessenburg	2.40	16:49	7:00	5	3:47	39	5:30	6.50	47:45	7:20	5	11:35	41	15:46
Oehrenfeld	3.40	19:53	5:50	7	4:43	56	7:01	9.90	1:07:38	6:49	7	16:18	44	22:20
Ilsestein	4.80	37:05	7:43	5	8:40	44	12:52	14.70	1:44:43	7:07	6	24:58	42	35:12
Plessenburg	2.30	17:39	7:40	3	2:45	35	6:04	17.00	2:02:22	7:11	6	27:43	41	41:16
Oehrenfeld	3.40	19:28	5:43	4	4:29	38	6:06	20.40	2:21:50	6:57	6	32:12	41	47:22
Ilseburg/Markt	4.50	30:56	6:52	7	7:50	52	11:28	24.90	2:52:46	6:56	6	40:02	45	58:50