



53. Brockenlauf

Ilseburg / 07.09.2024

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Susanne Sperling

□□□: 3:01:40

□□: 415

□□: 7.93 km/h

□□□□: 7:17 min/km

□□: 24.90 km

□□□□□/□□□: 346 (of 433)

24,9 km - Lauf

□□□□□/□: 57 (of 82)

□□□□□□: 1:53:56

□□□□:

□□□□□: 8(of 11)

Seniorinnen W55 (55-59) B

□□□□□□□: 2:12:44

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Ilsestein | 4.10 | 33:34 | 8:11 | 9 | 10:26 | 66 | 12:54 | 4.10 | 33:34 | 8:11 | 9 | 10:26 | 66 | 12:54 | |
| Plessenburg | 2.40 | 17:36 | 7:20 | 8 | 4:34 | 54 | 6:17 | 6.50 | 51:10 | 7:52 | 9 | 15:00 | 63 | 19:11 | |
| Oehrenfeld | 3.40 | 20:43 | 6:05 | 9 | 5:33 | 66 | 7:51 | 9.90 | 1:11:53 | 7:15 | 9 | 20:33 | 65 | 26:35 | |
| Ilsestein | 4.80 | 39:11 | 8:09 | 8 | 10:46 | 55 | 14:58 | 14.70 | 1:51:04 | 7:33 | 9 | 31:19 | 63 | 41:33 | |
| Plessenburg | 2.30 | 19:01 | 8:16 | 7 | 4:07 | 54 | 7:26 | 17.00 | 2:10:05 | 7:39 | 8 | 35:26 | 61 | 48:59 | |
| Oehrenfeld | 3.40 | 20:49 | 6:07 | 9 | 5:50 | 55 | 7:27 | 20.40 | 2:30:54 | 7:23 | 9 | 41:16 | 62 | 56:26 | |
| Ilseburg/Markt | 4.50 | 30:46 | 6:50 | 6 | 7:40 | 51 | 11:18 | 24.90 | 3:01:40 | 7:17 | 8 | 48:56 | 57 | 1:07:44 | |