



53. Brockenlauf

Ilsenburg / 07.09.2024

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Ulrike Held

□□: 181

□□: 24.90 km
24,9 km - Lauf

□□□□:
Seniorinnen W65 (65-69) B

□□□: 2:41:54

□□: 8.89 km/h
□□□□: 6:30 min/km

□□□□□/□□□: 249 (of 433)

□□□□□/□: 28 (of 82)

□□□□□□: 1:53:56

□□□□□: 2(of 2)

□□□□□□□: 2:37:44

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Ilsestein	4.10	29:12	7:07	2	1:04	33	8:32	4.10	29:12	7:07	2	1:04	33	8:32	
Plessenburg	2.40	16:28	6:51	2	1:30	36	5:09	6.50	45:40	7:01	2	2:34	34	13:41	
Oehrenfeld	3.40	17:35	5:10	1	-	28	4:43	9.90	1:03:15	6:23	2	0:52	32	17:57	
Ilsestein	4.80	35:17	7:21	2	2:09	29	11:04	14.70	1:38:32	6:42	2	3:01	32	29:01	
Plessenburg	2.30	17:27	7:35	2	1:34	32	5:52	17.00	1:55:59	6:49	2	4:35	30	34:53	
Oehrenfeld	3.40	18:22	5:24	1	-	32	5:00	20.40	2:14:21	6:35	2	3:49	30	39:53	
Ilsenburg/Markt	4.50	27:33	6:07	2	0:21	31	8:05	24.90	2:41:54	6:30	2	4:10	28	47:58	