



53. Brockenlauf
Ilseburg / 07.09.2024

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Irmgard Eggert

□□: 101

□□: 24.90 km
24,9 km - Lauf

□□□□:
Seniorinnen W70 (70-74) B

□□□: 2:56:48

□□: 8.14 km/h
□□□□: 7:06 min/km

□□□□□/□□□: 328 (of 433)

□□□□□/□: 50 (of 82)

□□□□□□: 1:53:56

□□□□□: 1(of 2)

□□□□□□□: 2:56:48

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Ilsestein	4.10	33:05	8:04	1	-	64	12:25	4.10	33:05	8:04	1	-	64	12:25	
Plessenburg	2.40	18:22	7:39	1	-	63	7:03	6.50	51:27	7:54	1	-	64	19:28	
Oehrenfeld	3.40	18:51	5:32	1	-	37	5:59	9.90	1:10:18	7:06	1	-	61	25:00	
Ilsestein	4.80	40:15	8:23	1	-	62	16:02	14.70	1:50:33	7:31	1	-	62	41:02	
Plessenburg	2.30	18:48	8:10	1	-	52	7:13	17.00	2:09:21	7:36	1	-	60	48:15	
Oehrenfeld	3.40	18:08	5:19	1	-	27	4:46	20.40	2:27:29	7:13	1	-	53	53:01	
Ilseburg/Markt	4.50	29:19	6:30	1	-	46	9:51	24.90	2:56:48	7:06	1	-	50	1:02:52	