



53. Brockenlauf
Ilseburg / 07.09.2024

0000

Shima Ansary

000: 4:46:56

00: 791

00: 5.02 km/h

0000: 11:31 min/km

00: 24.90 km

00000/000: 43 (of 70)

24,9 km - Wanderung

00000/0: 22 (of 46)

000000: 3:23:21

0000:

00000: 22(of 46)

Frauen

0000000: 3:23:21

0000

0000

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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	47:40	11:37	21	11:49	21	11:49	4.10	47:40	11:37	21	11:49	21	11:49
Plessenburg	2.40	26:30	11:02	29	7:31	29	7:31	6.50	1:14:10	11:24	23	19:11	23	19:11
Oehrenfeld	3.40	39:03	11:29	28	14:28	28	14:28	9.90	1:53:13	11:26	24	32:31	24	32:31
Ilsestein	4.80	56:06	11:41	22	14:40	22	14:40	14.70	2:49:19	11:31	24	46:58	24	46:58
Plessenburg	2.30	27:24	11:54	25	8:23	25	8:23	17.00	3:16:43	11:34	23	55:21	23	55:21
Oehrenfeld	3.40	39:39	11:39	26	18:34	26	18:34	20.40	3:56:22	11:35	22	1:13:47	22	1:13:47
Ilseburg/Markt	4.50	50:34	11:14	23	15:59	23	15:59	24.90	4:46:56	11:31	22	1:23:35	22	1:23:35