



53. Brockenlauf
Ilseburg / 07.09.2024

0000

Elke Maume

000: 4:46:56

00: 843

00: 5.02 km/h

0000: 11:31 min/km

00: 24.90 km

00000/000: 42 (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	47:41	11:37	22	11:50	22	11:50	4.10	47:41	11:37	22	11:50	22	11:50
Plessenburg	2.40	26:29	11:02	28	7:30	28	7:30	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	56:02	11:40	20	14:36	20	14:36	14.70	2:49:15	11:30	22	46:54	22	46:54
Plessenburg	2.30	27:27	11:56	26	8:26	26	8:26	17.00	3:16:42	11:34	22	55:20	22	55:20
Oehrenfeld	3.40	39:41	11:40	27	18:36	27	18:36	20.40	3:56:23	11:35	23	1:13:48	23	1:13:48
Ilseburg/Markt	4.50	50:33	11:13	22	15:58	22	15:58	24.90	4:46:56	11:31	22	1:23:35	22	1:23:35