



53. Brockenlauf
Ilseburg / 07.09.2024

0000

Doreen Jürgens

000: 4:46:56

00: 822

00: 5.02 km/h

0000: 11:31 min/km

00: 24.90 km

00000/000: 41 (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	26:28	11:01	27	7:29	27	7:29	6.50	1:14:09	11:24	22	19:10	22	19:10
Oehrenfeld	3.40	39:04	11:29	30	14:29	30	14:29	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	27:29	11:56	27	8:28	27	8:28	17.00	3:16:44	11:34	24	55:22	24	55:22
Oehrenfeld	3.40	39:41	11:40	27	18:36	27	18:36	20.40	3:56:25	11:35	24	1:13:50	24	1:13:50
Ilseburg/Markt	4.50	50:31	11:13	21	15:56	21	15:56	24.90	4:46:56	11:31	22	1:23:35	22	1:23:35