



53. Brockenlauf
Ilseburg / 07.09.2024

0000

Sabrina Twupack

000: 4:57:45

00: 872

00: 4.84 km/h

0000: 11:57 min/km

00: 24.90 km

00000/000: 49 (of 70)

24,9 km - Wanderung

00000/0: 30 (of 46)

000000: 3:23:21

0000:

00000: 30(of 46)

Frauen

0000000: 3:23:21

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Ilsestein	4.10	51:38	12:35	34	15:47	34	15:47	4.10	51:38	12:35	34	15:47	34	15:47
Plessenburg	2.40	27:43	11:32	31	8:44	31	8:44	6.50	1:19:21	12:12	33	24:22	33	24:22
Oehrenfeld	3.40	38:00	11:10	22	13:25	22	13:25	9.90	1:57:21	11:51	33	36:39	33	36:39
Ilsestein	4.80	59:06	12:18	30	17:40	30	17:40	14.70	2:56:27	12:00	32	54:06	32	54:06
Plessenburg	2.30	27:15	11:50	24	8:14	24	8:14	17.00	3:23:42	11:58	27	1:02:20	27	1:02:20
Oehrenfeld	3.40	40:13	11:49	31	19:08	31	19:08	20.40	4:03:55	11:57	28	1:21:20	28	1:21:20
Ilseburg/Markt	4.50	53:50	11:57	34	19:15	34	19:15	24.90	4:57:45	11:57	30	1:34:24	30	1:34:24