



53. Brockenlauf  
Ilseburg / 07.09.2024

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Anne-Kathrin Hentsch

□□□: 6:01:17

□□: 818

□□: 3.99 km/h

□□□□: 14:30 min/km

□□: 24.90 km

□□□□□/□□□: 65 (of 70)

24,9 km - Wanderung

□□□□□/□: 42 (of 46)

□□□□□□: 3:23:21

□□□□:

□□□□□: 42(of 46)

Frauen

□□□□□□□: 3:23:21

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| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Ilsestein      | 4.10     | 1:00:32  | 14:45        | 44      | 24:41   | 44      | 24:41   | 4.10  | 1:00:32   | 14:45         | 44      | 24:41   | 44      | 24:41   |
| Plessenburg    | 2.40     | 35:00    | 14:35        | 43      | 16:01   | 43      | 16:01   | 6.50  | 1:35:32   | 14:41         | 43      | 40:33   | 43      | 40:33   |
| Oehrenfeld     | 3.40     | 45:37    | 13:25        | 39      | 21:02   | 39      | 21:02   | 9.90  | 2:21:09   | 14:15         | 41      | 1:00:27 | 41      | 1:00:27 |
| Ilsestein      | 4.80     | 1:16:30  | 15:56        | 43      | 35:04   | 43      | 35:04   | 14.70 | 3:37:39   | 14:48         | 43      | 1:35:18 | 43      | 1:35:18 |
| Plessenburg    | 2.30     | 39:04    | 16:59        | 43      | 20:03   | 43      | 20:03   | 17.00 | 4:16:43   | 15:06         | 43      | 1:55:21 | 43      | 1:55:21 |
| Oehrenfeld     | 3.40     | 51:36    | 15:10        | 43      | 30:31   | 43      | 30:31   | 20.40 | 5:08:19   | 15:06         | 43      | 2:25:44 | 43      | 2:25:44 |
| Ilseburg/Markt | 4.50     | 52:58    | 11:46        | 32      | 18:23   | 32      | 18:23   | 24.90 | 6:01:17   | 14:30         | 42      | 2:37:56 | 42      | 2:37:56 |