



53. Brockenlauf

Ilseburg / 07.09.2024

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Falk Schultze-Motel

□□: HARZ-CORE

□□: 887

□□: 24.90 km

24,9 km - Wanderung

□□□□:

Männer

□□□: 3:55:12

□□: 6.12 km/h

□□□□: 9:26 min/km

□□□□□/□□□: 12 (of 70)

□□□□□/□: 5 (of 24)

□□□□□□: 3:24:19

□□□□□: 5(of 24)

□□□□□□□: 3:24:19

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Ilsestein | 4.10 | 40:25 | 9:51 | 4 | 4:14 | 4 | 4:14 | 4.10 | 40:25 | 9:51 | 4 | 4:14 | 4 | 4:14 |
| Plessenburg | 2.40 | 21:01 | 8:45 | 3 | 2:06 | 3 | 2:06 | 6.50 | 1:01:26 | 9:27 | 3 | 5:11 | 3 | 5:11 |
| Oehrenfeld | 3.40 | 29:11 | 8:35 | 2 | 4:30 | 2 | 4:30 | 9.90 | 1:30:37 | 9:09 | 3 | 9:23 | 3 | 9:23 |
| Ilsestein | 4.80 | 48:58 | 10:12 | 9 | 7:00 | 9 | 7:00 | 14.70 | 2:19:35 | 9:29 | 4 | 16:23 | 4 | 16:23 |
| Plessenburg | 2.30 | 23:01 | 10:00 | 7 | 3:25 | 7 | 3:25 | 17.00 | 2:42:36 | 9:33 | 4 | 19:45 | 4 | 19:45 |
| Oehrenfeld | 3.40 | 31:43 | 9:19 | 8 | 6:51 | 8 | 6:51 | 20.40 | 3:14:19 | 9:31 | 5 | 26:36 | 5 | 26:36 |
| Ilseburg/Markt | 4.50 | 40:53 | 9:05 | 7 | 4:17 | 7 | 4:17 | 24.90 | 3:55:12 | 9:26 | 5 | 30:53 | 5 | 30:53 |