



# 53. Brockenlauf

Ilseburg / 07.09.2024

0000

Dirk Klusmann

000: 4:04:47

00: 827

00: 5.88 km/h

0000: 9:49 min/km

00: 24.90 km

00000/000: 21 (of 70)

24,9 km - Wanderung

00000/0: 9 (of 24)

000000: 3:24:19

0000:

00000: 9(of 24)

Männer

0000000: 3:24:19

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	42:36	10:23	10	6:25	10	6:25	4.10	42:36	10:23	10	6:25	10	6:25
Plessenburg	2.40	22:37	9:25	8	3:42	8	3:42	6.50	1:05:13	10:01	8	8:58	8	8:58
Oehrenfeld	3.40	34:07	10:02	13	9:26	13	9:26	9.90	1:39:20	10:02	11	18:06	11	18:06
Ilsestein	4.80	48:55	10:11	8	6:57	8	6:57	14.70	2:28:15	10:05	11	25:03	11	25:03
Plessenburg	2.30	22:46	9:53	6	3:10	6	3:10	17.00	2:51:01	10:03	10	28:10	10	28:10
Oehrenfeld	3.40	33:02	9:42	11	8:10	11	8:10	20.40	3:24:03	10:00	10	36:20	10	36:20
Ilseburg/Markt	4.50	40:44	9:03	6	4:08	6	4:08	24.90	4:04:47	9:49	9	40:28	9	40:28