



53. Brockenlauf

Ilseburg / 07.09.2024

□□□□

Mario Lucas

□□: 841

□□: 24.90 km

24,9 km - Wanderung

□□□□:

Männer

□□□: 4:33:44

□□: 5.26 km/h

□□□□: 10:59 min/km

□□□□□/□□□: 37 (of 70)

□□□□□/□: 18 (of 24)

□□□□□□: 3:24:19

□□□□□: 18(of 24)

□□□□□□□: 3:24:19

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Ilsestein | 4.10 | 42:20 | 10:19 | 9 | 6:09 | 9 | 6:09 | 4.10 | 42:20 | 10:19 | 9 | 6:09 | 9 | 6:09 | |
| Plessenburg | 2.40 | 23:45 | 9:53 | 14 | 4:50 | 14 | 4:50 | 6.50 | 1:06:05 | 10:09 | 11 | 9:50 | 11 | 9:50 | |
| Oehrenfeld | 3.40 | 32:34 | 9:34 | 9 | 7:53 | 9 | 7:53 | 9.90 | 1:38:39 | 9:57 | 10 | 17:25 | 10 | 17:25 | |
| Ilsestein | 4.80 | 54:14 | 11:17 | 19 | 12:16 | 19 | 12:16 | 14.70 | 2:32:53 | 10:24 | 13 | 29:41 | 13 | 29:41 | |
| Plessenburg | 2.30 | 29:00 | 12:36 | 21 | 9:24 | 21 | 9:24 | 17.00 | 3:01:53 | 10:41 | 18 | 39:02 | 18 | 39:02 | |
| Oehrenfeld | 3.40 | 41:39 | 12:15 | 20 | 16:47 | 20 | 16:47 | 20.40 | 3:43:32 | 10:57 | 18 | 55:49 | 18 | 55:49 | |
| Ilseburg/Markt | 4.50 | 50:12 | 11:09 | 18 | 13:36 | 18 | 13:36 | 24.90 | 4:33:44 | 10:59 | 18 | 1:09:25 | 18 | 1:09:25 | |