



53. Brockenlauf
Ilseburg / 07.09.2024

0000

Olaf Seller

00: 865

00: 24.90 km

24,9 km - Wanderung

0000:

Männer

000: 4:44:04

00: 5.07 km/h

0000: 11:24 min/km

00000/000: 38 (of 70)

00000/0: 19 (of 24)

000000: 3:24:19

00000: 19(of 24)

0000000: 3:24:19

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	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Ilsestein	4.10	51:53	12:39	21	15:42	21	15:42	4.10	51:53	12:39	21	15:42	21	15:42
Plessenburg	2.40	24:59	10:24	19	6:04	19	6:04	6.50	1:16:52	11:49	20	20:37	20	20:37
Oehrenfeld	3.40	38:45	11:23	21	14:04	21	14:04	9.90	1:55:37	11:40	20	34:23	20	34:23
Ilsestein	4.80	52:33	10:56	13	10:35	13	10:35	14.70	2:48:10	11:26	19	44:58	19	44:58
Plessenburg	2.30	25:50	11:13	17	6:14	17	6:14	17.00	3:14:00	11:24	19	51:09	19	51:09
Oehrenfeld	3.40	38:19	11:16	16	13:27	16	13:27	20.40	3:52:19	11:23	19	1:04:36	19	1:04:36
Ilseburg/Markt	4.50	51:45	11:30	19	15:09	19	15:09	24.90	4:44:04	11:24	19	1:19:45	19	1:19:45