



53. Brockenlauf  
Ilseburg / 07.09.2024

0000

Ingo Thiele

00: 870

00: 24.90 km

24,9 km - Wanderung

0000:

Männer

000: 5:11:22

00: 4.62 km/h

0000: 12:30 min/km

00000/000: 55 (of 70)

00000/0: 21 (of 24)

000000: 3:24:19

00000: 21(of 24)

0000000: 3:24:19

0000

0000

000

| 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 | 47:55   | 11:41  | 19 | 11:44 | 19 | 11:44 | 4.10  | 47:55   | 11:41  | 19 | 11:44   | 19 | 11:44   |
| Plessenburg    | 2.40 | 30:05   | 12:32  | 22 | 11:10 | 22 | 11:10 | 6.50  | 1:18:00 | 12:00  | 21 | 21:45   | 21 | 21:45   |
| Oehrenfeld     | 3.40 | 38:32   | 11:20  | 19 | 13:51 | 19 | 13:51 | 9.90  | 1:56:32 | 11:46  | 21 | 35:18   | 21 | 35:18   |
| Ilsestein      | 4.80 | 1:00:08 | 12:31  | 20 | 18:10 | 20 | 18:10 | 14.70 | 2:56:40 | 12:01  | 21 | 53:28   | 21 | 53:28   |
| Plessenburg    | 2.30 | 30:21   | 13:11  | 22 | 10:45 | 22 | 10:45 | 17.00 | 3:27:01 | 12:10  | 21 | 1:04:10 | 21 | 1:04:10 |
| Oehrenfeld     | 3.40 | 49:33   | 14:34  | 22 | 24:41 | 22 | 24:41 | 20.40 | 4:16:34 | 12:34  | 21 | 1:28:51 | 21 | 1:28:51 |
| Ilseburg/Markt | 4.50 | 54:48   | 12:10  | 22 | 18:12 | 22 | 18:12 | 24.90 | 5:11:22 | 12:30  | 21 | 1:47:03 | 21 | 1:47:03 |