



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Peter Teutloff

Number: 442

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M60 (60-64) B

Total time: 2:25:40

Speed: 9.89 km/h  
Running performance: 5:51 min/km

Rank in course/Total: 144 (of 433)

Rank in course/Men: 132 (of 351)

Best time in course: 1:34:20

Rank in category: 6(of 28)

Best time in the category: 2:05:28

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	27:12	6:38	10	4:47	176	10:36	4.10	27:12	6:38	10	4:47	176	10:36
Plessenburg	2.40	14:11	5:54	6	2:11	139	5:02	6.50	41:23	6:21	10	6:57	166	15:38
Oehrenfeld	3.40	18:00	5:17	16	3:53	235	7:05	9.90	59:23	5:59	11	10:38	187	22:43
Ilsestein	4.80	30:42	6:23	7	4:26	122	20:51	14.70	1:30:05	6:07	8	14:45	160	33:30
Plessenburg	2.30	14:55	6:29	6	2:03	96	5:17	17.00	1:45:00	6:10	8	16:48	145	38:47
Oehrenfeld	3.40	17:08	5:02	7	2:29	148	5:47	20.40	2:02:08	5:59	7	19:17	144	44:34
Ilseburg/Markt	4.50	23:32	5:13	4	0:55	77	6:46	24.90	2:25:40	5:51	6	20:12	132	51:20