



53. Brockenlauf  
Ilseburg / 07.09.2024

Ilseburg

Peter Teutloff

Age: 442

Distance: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M60 (60-64) B

Time: 2:25:40

Speed: 9.89 km/h  
Pace: 5:51 min/km

Rank/Total: 144 (of 433)  
Rank/Category: 132 (of 351)  
Category Time: 1:34:20  
Category Rank: 6(of 28)  
Category Pace: 2:05:28

Ilseburg

Ilseburg

Ilseburg

| Ilseburg       | km   | Time  | Pace | Rank | Category Rank | Time | Rank  | km    | Time    | Pace | Rank | Category Rank | Time | Rank  |
|----------------|------|-------|------|------|---------------|------|-------|-------|---------|------|------|---------------|------|-------|
| 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 |