



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Karsten 2 Plehn

Club: LC BlueLiner
Number: 367

Course: 8.70 km
8,7 km - Lauf

Category:
Senioren M55 (55-59)

Total time: 40:28

Speed: 11.86 km/h
Running performance: 4:39 min/km

Rank in course/Total: 18 (of 124)

Rank in course/Men: 17 (of 69)

Best time in course: 30:04

Rank in category: 2(of 8)

Best time in the category: 38:08

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Abzweig Tännental	4.00	19:04	4:46	2	0:59	15	4:36	4.00	19:04	4:46	2	0:59	15	4:36
Ilseburg/Markt	4.70	21:24	4:33	2	1:21	20	5:48	8.70	40:28	4:39	2	2:20	17	10:24