



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: 12.90 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 | Split | Split | Pos | Behind | Pos | Behind | Total | Total | Total | Pos | Behind | Pos | Behind |
|-------------------|-------|-------|--------|------|--------|-----|--------|-------|-------|--------|------|--------|-----|--------|
| | km | Time | min/km | Cat. | Cat. | Men | Men | km | Time | min/km | Cat. | Cat. | Men | 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 |