



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Sönke Breitmeyer

Club: TriAs Hildesheim
Number: 26

Course: 16.50 km
16,5 km - Lauf

Category:
Männer (20-29) A

Total time: 1:07:19

Speed: 14.26 km/h
Running performance: 4:04 min/km

Rank in course/Total: 4 (of 198)

Rank in course/Men: 4 (of 144)

Best time in course: 1:02:25

Rank in category: 2(of 18)

Best time in the category: 1:05:10

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
Abzweig Tännental	4.00	16:13	4:03	2	0:42	4	0:59	4.00	16:13	4:03	2	0:42	4	0:59
Plessenburg	3.00	18:42	6:14	2	1:31	4	1:40	7.00	34:55	4:59	2	2:13	4	2:39
Abzweig rote Brü	3.00	13:43	4:34	2	0:28	5	1:20	10.00	48:38	4:51	2	2:41	4	3:59
Ilseburg/Markt	6.50	18:41	2:52	1	-	2	0:55	16.50	1:07:19	4:04	2	2:09	4	4:54