



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Michel Fräsdorf

Club: SV Hasselfelde
Number: 56

Course: 16.50 km
16,5 km - Lauf

Category:
Männer (20-29) A

Total time: 1:11:36

Speed: 13.41 km/h
Running performance: 4:20 min/km

Rank in course/Total: 9 (of 198)

Rank in course/Men: 9 (of 144)

Best time in course: 1:02:25

Rank in category: 3(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.	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	16:19	4:04	3	0:48	5	1:05	4.00	16:19	4:04	3	0:48	5	1:05
Plessenburg	3.00	19:56	6:38	3	2:45	11	2:54	7.00	36:15	5:10	3	3:33	9	3:59
Abzweig rote Brü	3.00	14:44	4:54	4	1:29	14	2:21	10.00	50:59	5:05	3	5:02	10	6:20
Ilseburg/Markt	6.50	20:37	3:10	3	1:56	10	2:51	16.50	1:11:36	4:20	3	6:26	9	9:11