



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Edvinas Momkus

Club: Waggumer Holz
Number: 123

Course: 16.50 km
16,5 km - Lauf

Category:
Männer (20-29) A

Total time: 1:19:59

Speed: 12.00 km/h
Running performance: 4:50 min/km

Rank in course/Total: 31 (of 198)

Rank in course/Men: 31 (of 144)

Best time in course: 1:02:25

Rank in category: 5(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	18:26	4:36	4	2:55	17	3:12	4.00	18:26	4:36	4	2:55	17	3:12
Plessenburg	3.00	21:23	7:07	5	4:12	25	4:21	7.00	39:49	5:41	5	7:07	22	7:33
Abzweig rote Brü	3.00	16:05	5:21	5	2:50	33	3:42	10.00	55:54	5:35	5	9:57	26	11:15
Ilseburg/Markt	6.50	24:05	3:42	5	5:24	47	6:19	16.50	1:19:59	4:50	5	14:49	31	17:34