



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Jakob Eyermann

Club: Brockenlaufverein
Number: 50

Course: 16.50 km
16,5 km - Lauf

Category:
Männer (20-29) A

Total time: 1:26:08

Speed: 11.15 km/h
Running performance: 5:13 min/km

Rank in course/Total: 53 (of 198)

Rank in course/Men: 50 (of 144)

Best time in course: 1:02:25

Rank in category: 7(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 | 21:11 | 5:17 | 7 | 5:40 | 59 | 5:57 | 4.00 | 21:11 | 5:17 | 7 | 5:40 | 59 | 5:57 | |
| Plessenburg | 3.00 | 23:43 | 7:54 | 7 | 6:32 | 51 | 6:41 | 7.00 | 44:54 | 6:24 | 7 | 12:12 | 53 | 12:38 | |
| Abzweig rote Brü | 3.00 | 17:00 | 5:40 | 7 | 3:45 | 48 | 4:37 | 10.00 | 1:01:54 | 6:11 | 7 | 15:57 | 53 | 17:15 | |
| Ilseburg/Markt | 6.50 | 24:14 | 3:43 | 6 | 5:33 | 49 | 6:28 | 16.50 | 1:26:08 | 5:13 | 7 | 20:58 | 50 | 23:43 | |