



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Jonathan Pleuß

Club: TRI-TOY-IMMENSEN-ARPKE
Number: 131

Course: 16.50 km
16,5 km - Lauf

Category:
Männer (20-29) A

Total time: 1:29:39

Speed: 10.71 km/h
Running performance: 5:26 min/km

Rank in course/Total: 66 (of 198)

Rank in course/Men: 60 (of 144)

Best time in course: 1:02:25

Rank in category: 8(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	22:31	5:37	9	7:00	80	7:17	4.00	22:31	5:37	9	7:00	80	7:17
Plessenburg	3.00	24:13	8:04	8	7:02	58	7:11	7.00	46:44	6:40	8	14:02	69	14:28
Abzweig rote Brü	3.00	17:39	5:52	8	4:24	56	5:16	10.00	1:04:23	6:26	8	18:26	64	19:44
Ilseburg/Markt	6.50	25:16	3:53	7	6:35	55	7:30	16.50	1:29:39	5:26	8	24:29	60	27:14