



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Nick Döppelheuer

Club: Brockenlaufverein
Number: 40

Course: 16.50 km
16,5 km - Lauf

Category:
Männer (20-29) A

Total time: 1:32:49

Speed: 10.34 km/h
Running performance: 5:37 min/km

Rank in course/Total: 89 (of 198)

Rank in course/Men: 74 (of 144)

Best time in course: 1:02:25

Rank in category: 9(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 Tännatal	4.00	22:32	5:38	10	7:01	81	7:18	4.00	22:32	5:38	10	7:01	81	7:18
Plessenburg	3.00	24:55	8:18	9	7:44	68	7:53	7.00	47:27	6:46	9	14:45	73	15:11
Abzweig rote Brü	3.00	18:17	6:05	9	5:02	69	5:54	10.00	1:05:44	6:34	9	19:47	71	21:05
Ilseburg/Markt	6.50	27:05	4:09	10	8:24	88	9:19	16.50	1:32:49	5:37	9	27:39	74	30:24