



# 41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

## Detailed evaluation

Lucas Bressel

Club: SV Darlingerode/ Drübeck  
Number: 27

Course: 16.50 km  
16,5 km - Lauf

Category:  
Männer (20-29) A

Total time: 1:35:07

Speed: 10.09 km/h  
Running performance: 5:45 min/km

Rank in course/Total: 101 (of 198)

Rank in course/Men: 81 (of 144)

Best time in course: 1:02:25

Rank in category: 10(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	23:31	5:52	12	8:00	94	8:17	4.00	23:31	5:52	12	8:00	94	8:17
Plessenburg	3.00	25:48	8:35	10	8:37	76	8:46	7.00	49:19	7:02	11	16:37	86	17:03
Abzweig rote Brü	3.00	18:38	6:12	10	5:23	76	6:15	10.00	1:07:57	6:47	11	22:00	83	23:18
Ilseburg/Markt	6.50	27:10	4:10	11	8:29	91	9:24	16.50	1:35:07	5:45	10	29:57	81	32:42