



# 41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

## Detailed evaluation

Johannes Meinck

Number: 119

Course: 16.50 km  
16,5 km - Lauf

Category:  
Männer (20-29) A

Total time: 1:44:04

Speed: 9.51 km/h

Running performance: 6:18 min/km

Rank in course/Total: 139 (of 198)

Rank in course/Men: 109 (of 144)

Best time in course: 1:02:25

Rank in category: 12(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	22:49	5:42	11	7:18	86	7:35	4.00	22:49	5:42	11	7:18	86	7:35
Plessenburg	3.00	28:01	9:20	12	10:50	101	10:59	7.00	50:50	7:15	12	18:08	95	18:34
Abzweig rote Brü	3.00	21:46	7:15	12	8:31	115	9:23	10.00	1:12:36	7:15	12	26:39	100	27:57
Ilseburg/Markt	6.50	31:28	4:50	14	12:47	124	13:42	16.50	1:44:04	6:18	12	38:54	109	41:39