



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Noah Jacobs

Number: 83

Course: 16.50 km
16,5 km - Lauf

Category:
Männer (20-29) A

Total time: 1:51:11

Speed: 8.63 km/h

Running performance: 6:44 min/km

Rank in course/Total: 159 (of 198)

Rank in course/Men: 122 (of 144)

Best time in course: 1:02:25

Rank in category: 13(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	27:39	6:54	16	12:08	132	12:25	4.00	27:39	6:54	16	12:08	132	12:25
Plessenburg	3.00	29:44	9:54	13	12:33	112	12:42	7.00	57:23	8:11	15	24:41	123	25:07
Abzweig rote Brü	3.00	23:01	7:40	13	9:46	126	10:38	10.00	1:20:24	8:02	15	34:27	125	35:45
Ilseburg/Markt	6.50	30:47	4:44	13	12:06	121	13:01	16.50	1:51:11	6:44	13	46:01	122	48:46