



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Jan Schlüpmann

Number: 159

Course: 16.50 km
16,5 km - Lauf

Category:
Männer (20-29) A

Total time: 1:52:50

Speed: 8.77 km/h

Running performance: 6:50 min/km

Rank in course/Total: 163 (of 198)

Rank in course/Men: 125 (of 144)

Best time in course: 1:02:25

Rank in category: 14(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	25:51	6:27	14	10:20	113	10:37	4.00	25:51	6:27	14	10:20	113	10:37
Plessenburg	3.00	29:51	9:57	15	12:40	114	12:49	7.00	55:42	7:57	14	23:00	115	23:26
Abzweig rote Brü	3.00	23:15	7:45	14	10:00	129	10:52	10.00	1:18:57	7:53	13	33:00	120	34:18
Ilseburg/Markt	6.50	33:53	5:12	15	15:12	134	16:07	16.50	1:52:50	6:50	14	47:40	125	50:25