



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 |