



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Lukas Caspar

Number: 30

Course: 16.50 km
16,5 km - Lauf

Category:
Männer (20-29) A

Total time: 1:54:32

Speed: 8.38 km/h

Running performance: 6:56 min/km

Rank in course/Total: 167 (of 198)

Rank in course/Men: 128 (of 144)

Best time in course: 1:02:25

Rank in category: 16(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	27:48	6:57	18	12:17	135	12:34	4.00	27:48	6:57	18	12:17	135	12:34	
Plessenburg	3.00	31:26	10:28	16	14:15	129	14:24	7.00	59:14	8:27	16	26:32	131	26:58	
Abzweig rote Brü	3.00	28:15	9:24	17	15:00	141	15:52	10.00	1:27:29	8:44	17	41:32	136	42:50	
Ilseburg/Markt	6.50	27:03	4:09	9	8:22	87	9:17	16.50	1:54:32	6:56	16	49:22	128	52:07	