



41. Oster-Ilsetalllauf
Ilseburg / 30.03.2024

Detailed evaluation

Karl Döppelheuer

Number: 39

Course: 16.50 km
16,5 km - Lauf

Category:
Männer (20-29) A

Total time: 2:01:18

Speed: 7.91 km/h

Running performance: 7:21 min/km

Rank in course/Total: 186 (of 198)

Rank in course/Men: 136 (of 144)

Best time in course: 1:02:25

Rank in category: 17(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	27:19	6:49	15	11:48	129	12:05	4.00	27:19	6:49	15	11:48	129	12:05
Plessenburg	3.00	32:56	10:58	17	15:45	136	15:54	7.00	1:00:15	8:36	17	27:33	133	27:59
Abzweig rote Brü	3.00	25:10	8:23	16	11:55	135	12:47	10.00	1:25:25	8:32	16	39:28	134	40:46
Ilseburg/Markt	6.50	35:53	5:31	18	17:12	138	18:07	16.50	2:01:18	7:21	17	56:08	136	58:53