



41. Oster-Ilsetalllauf  
Ilseburg / 30.03.2024

Detailed evaluation

Justus Caspar

Number: 29

Course: 16.50 km  
16,5 km - Lauf

Category:  
Männer (20-29) A

Total time: 2:13:59

Speed: 7.17 km/h

Running performance: 8:07 min/km

Rank in course/Total: 196 (of 198)

Rank in course/Men: 143 (of 144)

Best time in course: 1:02:25

Rank in category: 18(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	27:47	6:56	17	12:16	134	12:33	4.00	27:47	6:56	17	12:16	134	12:33
Plessenburg	3.00	36:38	12:12	18	19:27	143	19:36	7.00	1:04:25	9:12	18	31:43	140	32:09
Abzweig rote Brü	3.00	35:10	11:43	18	21:55	144	22:47	10.00	1:39:35	9:57	18	53:38	144	54:56
Ilseburg/Markt	6.50	34:24	5:17	17	15:43	136	16:38	16.50	2:13:59	8:07	18	1:08:49	143	1:11:34