



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Erik Sygusch

Club: Skiclub Ilseburg

Number: 175

Course: 16.50 km

16,5 km - Lauf

Category:

männliche Jugend U20 (18-19) A

Total time: 1:24:03

Speed: 11.42 km/h

Running performance: 5:05 min/km

Rank in course/Total: 47 (of 198)

Rank in course/Men: 45 (of 144)

Best time in course: 1:02:25

Rank in category: 1(of 2)

Best time in the category: 1:24:03

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	19:11	4:47	1	-	31	3:57	4.00	19:11	4:47	1	-	31	3:57
Plessenburg	3.00	24:23	8:07	2	0:07	63	7:21	7.00	43:34	6:13	1	-	46	11:18
Abzweig rote Brü	3.00	16:45	5:34	1	-	45	4:22	10.00	1:00:19	6:01	1	-	45	15:40
Ilseburg/Markt	6.50	23:44	3:39	1	-	44	5:58	16.50	1:24:03	5:05	1	-	45	21:38