



# 41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

## Detailed evaluation

Cedric Engelhardt

Number: 48

Course: 16.50 km  
16,5 km - Lauf

Category:  
männliche Jugend U20 (18-19) A

Total time: 1:30:58

Speed: 10.88 km/h

Running performance: 5:30 min/km

Rank in course/Total: 78 (of 198)

Rank in course/Men: 68 (of 144)

Best time in course: 1:02:25

Rank in category: 2(of 2)

Best time in the category: 1:24:03

### Intermediate times

### Stage score

### Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Abzweig Tännental	4.00	22:23	5:35	2	3:12	78	7:09	4.00	22:23	5:35	2	3:12	78	7:09
Plessenburg	3.00	24:16	8:05	1	-	59	7:14	7.00	46:39	6:39	2	3:05	67	14:23
Abzweig rote Brü	3.00	18:38	6:12	2	1:53	76	6:15	10.00	1:05:17	6:31	2	4:58	69	20:38
Ilseburg/Markt	6.50	25:41	3:57	2	1:57	61	7:55	16.50	1:30:58	5:30	2	6:55	68	28:33