



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Marcel Hoeche

Club: adidas TERREX
Number: 471

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M30 (30-34) A

Total time: 1:02:25

Speed: 15.38 km/h
Running performance: 3:46 min/km

Rank in course/Total: 1 (of 198)

Rank in course/Men: 1 (of 144)

Best time in course: 1:02:25

Rank in category: 1(of 16)

Best time in the category: 1:02:25

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Abzweig Tännental	4.00	15:14	3:48	1	-	1	-	4.00	15:14	3:48	1	-	1	-
Plessenburg	3.00	17:02	5:40	1	-	1	-	7.00	32:16	4:36	1	-	1	-
Abzweig rote Brü	3.00	12:23	4:07	1	-	1	-	10.00	44:39	4:27	1	-	1	-
Ilseburg/Markt	6.50	17:46	2:44	1	-	1	-	16.50	1:02:25	3:46	1	-	1	-