



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Dominic Fehse

Club: Brockenlaufverein
Number: 52

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M30 (30-34) A

Total time: 1:13:04

Speed: 13.14 km/h
Running performance: 4:25 min/km

Rank in course/Total: 11 (of 198)

Rank in course/Men: 11 (of 144)

Best time in course: 1:02:25

Rank in category: 2(of 16)

Best time in the category: 1:02:25

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 Tännatal	4.00	16:57	4:14	3	1:43	10	1:43	4.00	16:57	4:14	3	1:43	10	1:43
Plessenburg	3.00	20:37	6:52	5	3:35	18	3:35	7.00	37:34	5:22	3	5:18	12	5:18
Abzweig rote Brü	3.00	15:05	5:01	4	2:42	18	2:42	10.00	52:39	5:15	3	8:00	12	8:00
Ilseburg/Markt	6.50	20:25	3:08	2	2:39	9	2:39	16.50	1:13:04	4:25	2	10:39	11	10:39