



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Alexander Fürle

Club: Laufteam Wolfshagen im Harz
Number: 61

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M30 (30-34) A

Total time: 1:15:41

Speed: 12.68 km/h
Running performance: 4:35 min/km

Rank in course/Total: 18 (of 198)

Rank in course/Men: 18 (of 144)

Best time in course: 1:02:25

Rank in category: 4(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	15:35	3:53	2	0:21	3	0:21	4.00	15:35	3:53	2	0:21	3	0:21
Plessenburg	3.00	19:41	6:33	2	2:39	9	2:39	7.00	35:16	5:02	2	3:00	5	3:00
Abzweig rote Brü	3.00	14:56	4:58	2	2:33	15	2:33	10.00	50:12	5:01	2	5:33	7	5:33
Ilseburg/Markt	6.50	25:29	3:55	11	7:43	58	7:43	16.50	1:15:41	4:35	4	13:16	18	13:16