



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Kevin Kolsdorf

Number: 98

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M30 (30-34) A

Total time: 1:16:55

Speed: 12.48 km/h

Running performance: 4:39 min/km

Rank in course/Total: 21 (of 198)

Rank in course/Men: 21 (of 144)

Best time in course: 1:02:25

Rank in category: 5(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 Tännental	4.00	19:24	4:50	8	4:10	35	4:10	4.00	19:24	4:50	8	4:10	35	4:10
Plessenburg	3.00	20:00	6:40	4	2:58	14	2:58	7.00	39:24	5:37	5	7:08	20	7:08
Abzweig rote Brü	3.00	15:22	5:07	7	2:59	24	2:59	10.00	54:46	5:28	5	10:07	20	10:07
Ilseburg/Markt	6.50	22:09	3:24	5	4:23	24	4:23	16.50	1:16:55	4:39	5	14:30	21	14:30