



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Sören Klippstein

Club: Halle
Number: 212

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M30 (30-34) A

Total time: 1:17:56

Speed: 12.70 km/h
Running performance: 4:43 min/km

Rank in course/Total: 25 (of 198)

Rank in course/Men: 25 (of 144)

Best time in course: 1:02:25

Rank in category: 6(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	18:54	4:43	4	3:40	25	3:40	4.00	18:54	4:43	4	3:40	25	3:40
Plessenburg	3.00	21:31	7:10	6	4:29	26	4:29	7.00	40:25	5:46	6	8:09	25	8:09
Abzweig rote Brü	3.00	15:15	5:04	6	2:52	22	2:52	10.00	55:40	5:33	6	11:01	25	11:01
Ilseburg/Markt	6.50	22:16	3:25	6	4:30	28	4:30	16.50	1:17:56	4:43	6	15:31	25	15:31