



41. Oster-Ilsetallauf
Ilseburg / 30.03.2024

Detailed evaluation

Jasper Schwenzow

Number: 165

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M30 (30-34) A

Total time: 1:19:03

Speed: 12.14 km/h

Running performance: 4:47 min/km

Rank in course/Total: 30 (of 198)

Rank in course/Men: 30 (of 144)

Best time in course: 1:02:25

Rank in category: 7(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	20:12	5:02	10	4:58	42	4:58	4.00	20:12	5:02	10	4:58	42	4:58
Plessenburg	3.00	21:54	7:17	7	4:52	32	4:52	7.00	42:06	6:00	9	9:50	37	9:50
Abzweig rote Brü	3.00	15:05	5:01	4	2:42	18	2:42	10.00	57:11	5:43	7	12:32	31	12:32
Ilseburg/Markt	6.50	21:52	3:21	4	4:06	20	4:06	16.50	1:19:03	4:47	7	16:38	30	16:38