



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Sören Wettmarshausen

Club: TSV Steina
Number: 202

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M30 (30-34) A

Total time: 1:22:46

Speed: 11.60 km/h
Running performance: 5:00 min/km

Rank in course/Total: 40 (of 198)

Rank in course/Men: 40 (of 144)

Best time in course: 1:02:25

Rank in category: 9(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	18:58	4:44	5	3:44	26	3:44	4.00	18:58	4:44	5	3:44	26	3:44
Plessenburg	3.00	22:38	7:32	9	5:36	40	5:36	7.00	41:36	5:56	7	9:20	33	9:20
Abzweig rote Brü	3.00	17:03	5:41	10	4:40	50	4:40	10.00	58:39	5:51	9	14:00	37	14:00
Ilseburg/Markt	6.50	24:07	3:42	9	6:21	48	6:21	16.50	1:22:46	5:00	9	20:21	40	20:21