



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Martin Wewers

Club: LC BlueLiner
Number: 204

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M30 (30-34) A

Total time: 1:23:14

Speed: 11.53 km/h
Running performance: 5:02 min/km

Rank in course/Total: 42 (of 198)

Rank in course/Men: 41 (of 144)

Best time in course: 1:02:25

Rank in category: 10(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	19:13	4:48	7	3:59	33	3:59	4.00	19:13	4:48	7	3:59	33	3:59
Plessenburg	3.00	24:08	8:02	11	7:06	56	7:06	7.00	43:21	6:11	10	11:05	44	11:05
Abzweig rote Brü	3.00	17:11	5:43	11	4:48	51	4:48	10.00	1:00:32	6:03	10	15:53	47	15:53
Ilseburg/Markt	6.50	22:42	3:29	7	4:56	33	4:56	16.50	1:23:14	5:02	10	20:49	41	20:49