



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Josua Velardo

Number: 188

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M30 (30-34) A

Total time: 1:26:20

Speed: 11.12 km/h

Running performance: 5:13 min/km

Rank in course/Total: 56 (of 198)

Rank in course/Men: 53 (of 144)

Best time in course: 1:02:25

Rank in category: 11(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	20:53	5:13	11	5:39	49	5:39	4.00	20:53	5:13	11	5:39	49	5:39
Plessenburg	3.00	23:02	7:40	10	6:00	44	6:00	7.00	43:55	6:16	11	11:39	49	11:39
Abzweig rote Brü	3.00	16:37	5:32	8	4:14	41	4:14	10.00	1:00:32	6:03	10	15:53	47	15:53
Ilseburg/Markt	6.50	25:48	3:58	12	8:02	63	8:02	16.50	1:26:20	5:13	11	23:55	53	23:55