



# 41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

## Detailed evaluation

Rico Thomas

Number: 179

Course: 16.50 km  
16,5 km - Lauf

Category:  
Senioren M30 (30-34) A

Total time: 1:35:31

Speed: 10.05 km/h

Running performance: 5:47 min/km

Rank in course/Total: 103 (of 198)

Rank in course/Men: 83 (of 144)

Best time in course: 1:02:25

Rank in category: 14(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     | 22:50      | 5:42         | 14          | 7:36        | 87      | 7:36       | 4.00          | 22:50      | 5:42         | 14       | 7:36        | 87      | 7:36       |
| Plessenburg        | 3.00     | 26:58      | 8:59         | 14          | 9:56        | 91      | 9:56       | 7.00          | 49:48      | 7:06         | 14       | 17:32       | 91      | 17:32      |
| Abzweig rote Brü   | 3.00     | 19:06      | 6:22         | 15          | 6:43        | 86      | 6:43       | 10.00         | 1:08:54    | 6:53         | 14       | 24:15       | 88      | 24:15      |
| Ilseburg/Markt     | 6.50     | 26:37      | 4:05         | 14          | 8:51        | 77      | 8:51       | 16.50         | 1:35:31    | 5:47         | 14       | 33:06       | 83      | 33:06      |