



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