



41. Oster-Ilsetalllauf
Ilseburg / 30.03.2024

Detailed evaluation

Lukas Noll

Number: 214

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M30 (30-34) A

Total time: 1:36:41

Speed: 9.93 km/h

Running performance: 5:51 min/km

Rank in course/Total: 114 (of 198)

Rank in course/Men: 91 (of 144)

Best time in course: 1:02:25

Rank in category: 15(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	25:07	6:16	15	9:53	106	9:53	4.00	25:07	6:16	15	9:53	106	9:53
Plessenburg	3.00	27:16	9:05	16	10:14	95	10:14	7.00	52:23	7:29	15	20:07	102	20:07
Abzweig rote Brü	3.00	18:56	6:18	14	6:33	82	6:33	10.00	1:11:19	7:07	15	26:40	97	26:40
Ilseburg/Markt	6.50	25:22	3:54	10	7:36	57	7:36	16.50	1:36:41	5:51	15	34:16	91	34:16