



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Marcel Richter

Number: 141

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M30 (30-34) A

Total time: 1:43:05

Speed: 9.31 km/h

Running performance: 6:14 min/km

Rank in course/Total: 137 (of 198)

Rank in course/Men: 107 (of 144)

Best time in course: 1:02:25

Rank in category: 16(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	25:41	6:25	16	10:27	110	10:27	4.00	25:41	6:25	16	10:27	110	10:27
Plessenburg	3.00	27:11	9:03	15	10:09	94	10:09	7.00	52:52	7:33	16	20:36	104	20:36
Abzweig rote Brü	3.00	20:49	6:56	16	8:26	104	8:26	10.00	1:13:41	7:22	16	29:02	104	29:02
Ilseburg/Markt	6.50	29:24	4:31	16	11:38	115	11:38	16.50	1:43:05	6:14	16	40:40	107	40:40