



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. | Stage score | | Total ranking | | | | | | |
|-------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
| | | | | | | 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 |