



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Tilo Breuer

Club: HSV 2002 Abt. Triathlon
Number: 28

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M35 (35-39) A

Total time: 1:19:02

Speed: 12.15 km/h
Running performance: 4:47 min/km

Rank in course/Total: 29 (of 198)

Rank in course/Men: 29 (of 144)

Best time in course: 1:02:25

Rank in category: 4(of 15)

Best time in the category: 1:08:37

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	18:40	4:40	4	2:03	21	3:26	4.00	18:40	4:40	4	2:03	21	3:26
Plessenburg	3.00	21:48	7:15	4	3:01	29	4:46	7.00	40:28	5:46	4	5:04	26	8:12
Abzweig rote Brü	3.00	16:17	5:25	4	2:42	36	3:54	10.00	56:45	5:40	4	7:46	29	12:06
Ilseburg/Markt	6.50	22:17	3:25	3	2:39	29	4:31	16.50	1:19:02	4:47	4	10:25	29	16:37