



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Andre Dietrichs

Club: Bier-Bären-Bande
Number: 33

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M35 (35-39) A

Total time: 1:26:15

Speed: 11.13 km/h
Running performance: 5:13 min/km

Rank in course/Total: 55 (of 198)

Rank in course/Men: 52 (of 144)

Best time in course: 1:02:25

Rank in category: 5(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	20:52	5:13	5	4:15	48	5:38	4.00	20:52	5:13	5	4:15	48	5:38
Plessenburg	3.00	23:12	7:44	5	4:25	45	6:10	7.00	44:04	6:17	5	8:40	50	11:48
Abzweig rote Brü	3.00	17:24	5:47	5	3:49	54	5:01	10.00	1:01:28	6:08	5	12:29	50	16:49
Ilseburg/Markt	6.50	24:47	3:48	5	5:09	51	7:01	16.50	1:26:15	5:13	5	17:38	52	23:50