



41. Oster-Ilsetallauf

Ilsenburg / 30.03.2024

Detailed evaluation

Markus Scharun

Club: Brockenlaufverein Ilsenburg
Number: 155

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M35 (35-39) A

Total time: 1:29:37

Speed: 10.71 km/h
Running performance: 5:25 min/km

Rank in course/Total: 65 (of 198)

Rank in course/Men: 59 (of 144)

Best time in course: 1:02:25

Rank in category: 7(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.	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	21:12	5:17	8	4:35	60	5:58	4.00	21:12	5:17	8	4:35	60	5:58
Plessenburg	3.00	23:58	7:59	7	5:11	52	6:56	7.00	45:10	6:27	7	9:46	57	12:54
Abzweig rote Brü	3.00	17:57	5:59	7	4:22	60	5:34	10.00	1:03:07	6:18	7	14:08	58	18:28
Ilsenburg/Markt	6.50	26:30	4:04	9	6:52	75	8:44	16.50	1:29:37	5:25	7	21:00	59	27:12