



# 41. Oster-Ilsetalllauf

Ilsenburg / 30.03.2024

## Detailed evaluation

Ilja Schicker

Number: 157

Course: 16.50 km  
16,5 km - Lauf

Category:  
Senioren M35 (35-39) A

Total time: 1:30:02

Speed: 10.66 km/h

Running performance: 5:27 min/km

Rank in course/Total: 71 (of 198)

Rank in course/Men: 64 (of 144)

Best time in course: 1:02:25

Rank in category: 8(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	21:10	5:17	7	4:33	58	5:56	4.00	21:10	5:17	7	4:33	58	5:56
Plessenburg	3.00	23:32	7:50	6	4:45	49	6:30	7.00	44:42	6:23	6	9:18	51	12:26
Abzweig rote Brü	3.00	18:11	6:03	8	4:36	67	5:48	10.00	1:02:53	6:17	6	13:54	56	18:14
Ilsenburg/Markt	6.50	27:09	4:10	11	7:31	90	9:23	16.50	1:30:02	5:27	8	21:25	64	27:37