



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Sebastian Döhnert

Club: Bier-Bären-Bande
Number: 37

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M35 (35-39) A

Total time: 1:30:59

Speed: 10.55 km/h
Running performance: 5:30 min/km

Rank in course/Total: 79 (of 198)

Rank in course/Men: 69 (of 144)

Best time in course: 1:02:25

Rank in category: 9(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		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Abzweig Tännental	4.00	22:22	5:35	12	77	5:45	7:08	4.00	22:22	5:35	12	77	5:45	7:08
Plessenburg	3.00	24:12	8:03	8	57	5:25	7:10	7.00	46:34	6:39	9	65	11:10	14:18
Abzweig rote Brü	3.00	18:13	6:04	9	68	4:38	5:50	10.00	1:04:47	6:28	9	66	15:48	20:08
Ilseburg/Markt	6.50	26:12	4:01	8	70	6:34	8:26	16.50	1:30:59	5:30	9	69	22:22	28:34