



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

André Lügger

Club: TSG GutsMuths Quedlinburg
Number: 114

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M35 (35-39) A

Total time: 1:36:23

Speed: 9.96 km/h
Running performance: 5:50 min/km

Rank in course/Total: 110 (of 198)

Rank in course/Men: 89 (of 144)

Best time in course: 1:02:25

Rank in category: 12(of 15)

Best time in the category: 1:08:37

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Abzweig Tännatal	4.00	21:35	5:23	10	4:58	67	6:21	4.00	21:35	5:23	10	4:58	67	6:21
Plessenburg	3.00	27:40	9:13	14	8:53	99	10:38	7.00	49:15	7:02	12	13:51	85	16:59
Abzweig rote Brü	3.00	20:10	6:43	13	6:35	98	7:47	10.00	1:09:25	6:56	13	20:26	90	24:46
Ilseburg/Markt	6.50	26:58	4:08	10	7:20	84	9:12	16.50	1:36:23	5:50	12	27:46	89	33:58