



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Marcel Krone

Club: Bier-Bären-Bande
Number: 108

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M35 (35-39) A

Total time: 1:36:53

Speed: 9.91 km/h
Running performance: 5:52 min/km

Rank in course/Total: 115 (of 198)

Rank in course/Men: 92 (of 144)

Best time in course: 1:02:25

Rank in category: 13(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	22:51	5:42	13	6:14	88	7:37	4.00	22:51	5:42	13	6:14	88	7:37
Plessenburg	3.00	26:44	8:54	13	7:57	89	9:42	7.00	49:35	7:05	13	14:11	89	17:19
Abzweig rote Brü	3.00	19:02	6:20	11	5:27	85	6:39	10.00	1:08:37	6:51	12	19:38	85	23:58
Ilseburg/Markt	6.50	28:16	4:20	14	8:38	106	10:30	16.50	1:36:53	5:52	13	28:16	92	34:28