



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Vincent Sattler

Club: Bier-Bären-Bande
Number: 151

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M35 (35-39) A

Total time: 1:56:10

Speed: 8.52 km/h
Running performance: 7:02 min/km

Rank in course/Total: 178 (of 198)

Rank in course/Men: 132 (of 144)

Best time in course: 1:02:25

Rank in category: 15(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	26:24	6:35	15	9:47	122	11:10	4.00	26:24	6:35	15	9:47	122	11:10
Plessenburg	3.00	30:31	10:10	15	11:44	120	13:29	7.00	56:55	8:07	15	21:31	121	24:39
Abzweig rote Brü	3.00	23:13	7:44	15	9:38	128	10:50	10.00	1:20:08	8:00	15	31:09	123	35:29
Ilseburg/Markt	6.50	36:02	5:32	15	16:24	139	18:16	16.50	1:56:10	7:02	15	47:33	132	53:45