



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Sebastian Meißner

Club: Handballverein Wernigerode
Number: 211

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M40 (40-44) A

Total time: 1:07:11

Speed: 14.29 km/h
Running performance: 4:04 min/km

Rank in course/Total: 3 (of 198)

Rank in course/Men: 3 (of 144)

Best time in course: 1:02:25

Rank in category: 1(of 22)

Best time in the category: 1:07:11

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	16:45	4:11	1	-	7	1:31	4.00	16:45	4:11	1	-	7	1:31
Plessenburg	3.00	18:02	6:00	1	-	3	1:00	7.00	34:47	4:58	1	-	3	2:31
Abzweig rote Brü	3.00	13:19	4:26	1	-	3	0:56	10.00	48:06	4:48	1	-	3	3:27
Ilseburg/Markt	6.50	19:05	2:56	1	-	3	1:19	16.50	1:07:11	4:04	1	-	3	4:46