



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Christoph Tantius

Club: LG Osterwieck/Team Erdinger Active
Number: 176

Course: 16.50 km
16,5 km - Lauf

Category:

Senioren M40 (40-44) A

Total time: 1:09:47

Speed: 13.76 km/h

Running performance: 4:13 min/km

Rank in course/Total: 6 (of 198)

Rank in course/Men: 6 (of 144)

Best time in course: 1:02:25

Rank in category: 2(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		Behind		Total		Total		Total		Pos		Behind	
				Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men			
Abzweig Tännatal	4.00	16:58	4:14	4	0:13	11	1:44	4.00	16:58	4:14	4	0:13	11	1:44			
Plessenburg	3.00	19:14	6:24	2	1:12	6	2:12	7.00	36:12	5:10	2	1:25	7	3:56			
Abzweig rote Brü	3.00	13:47	4:35	2	0:28	6	1:24	10.00	49:59	4:59	2	1:53	6	5:20			
Ilseburg/Markt	6.50	19:48	3:02	2	0:43	6	2:02	16.50	1:09:47	4:13	2	2:36	6	7:22			