



# 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 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 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       |