



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Jürgen Fürste

Club: Hoitlinger SV
Number: 62

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M40 (40-44) A

Total time: 1:10:49

Speed: 13.56 km/h
Running performance: 4:17 min/km

Rank in course/Total: 8 (of 198)

Rank in course/Men: 8 (of 144)

Best time in course: 1:02:25

Rank in category: 3(of 22)

Best time in the category: 1:07:11

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Abzweig Tännental	4.00	16:52	4:13	2	0:07	8	1:38	4.00	16:52	4:13	2	0:07	8	1:38
Plessenburg	3.00	19:22	6:27	3	1:20	7	2:20	7.00	36:14	5:10	3	1:27	8	3:58
Abzweig rote Brü	3.00	14:17	4:45	4	0:58	9	1:54	10.00	50:31	5:03	3	2:25	9	5:52
Ilseburg/Markt	6.50	20:18	3:07	3	1:13	8	2:32	16.50	1:10:49	4:17	3	3:38	8	8:24