



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Maik Becker

Number: 10

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M40 (40-44) A

Total time: 1:14:02

Speed: 12.97 km/h

Running performance: 4:29 min/km

Rank in course/Total: 12 (of 198)

Rank in course/Men: 12 (of 144)

Best time in course: 1:02:25

Rank in category: 5(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 Tännental | 4.00 | 18:27 | 4:36 | 8 | 1:42 | 19 | 3:13 | 4.00 | 18:27 | 4:36 | 8 | 1:42 | 19 | 3:13 | |
| Plessenburg | 3.00 | 20:26 | 6:48 | 6 | 2:24 | 16 | 3:24 | 7.00 | 38:53 | 5:33 | 8 | 4:06 | 16 | 6:37 | |
| Abzweig rote Brü | 3.00 | 14:24 | 4:47 | 6 | 1:05 | 11 | 2:01 | 10.00 | 53:17 | 5:19 | 8 | 5:11 | 16 | 8:38 | |
| Ilseburg/Markt | 6.50 | 20:45 | 3:11 | 4 | 1:40 | 11 | 2:59 | 16.50 | 1:14:02 | 4:29 | 5 | 6:51 | 12 | 11:37 | |