



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Bartlomiej Stefan Bochniak

Club: Eintracht Hildesheim
Number: 16

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M40 (40-44) A

Total time: 1:14:08

Speed: 12.95 km/h
Running performance: 4:29 min/km

Rank in course/Total: 13 (of 198)

Rank in course/Men: 13 (of 144)

Best time in course: 1:02:25

Rank in category: 6(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	18:06	4:31	7	1:21	15	2:52	4.00	18:06	4:31	7	1:21	15	2:52
Plessenburg	3.00	20:30	6:49	7	2:28	17	3:28	7.00	38:36	5:30	7	3:49	15	6:20
Abzweig rote Brü	3.00	14:23	4:47	5	1:04	10	2:00	10.00	52:59	5:17	6	4:53	14	8:20
Ilseburg/Markt	6.50	21:09	3:15	6	2:04	17	3:23	16.50	1:14:08	4:29	6	6:57	13	11:43