



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Piotr Kasprzyk

Number: 86

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M40 (40-44) A

Total time: 1:14:28

Speed: 12.89 km/h

Running performance: 4:30 min/km

Rank in course/Total: 15 (of 198)

Rank in course/Men: 15 (of 144)

Best time in course: 1:02:25

Rank in category: 7(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	16:56	4:14	3	0:11	9	1:42	4.00	16:56	4:14	3	0:11	9	1:42
Plessenburg	3.00	21:03	7:00	9	3:01	21	4:01	7.00	37:59	5:25	5	3:12	13	5:43
Abzweig rote Brü	3.00	14:58	4:59	7	1:39	16	2:35	10.00	52:57	5:17	5	4:51	13	8:18
Ilseburg/Markt	6.50	21:31	3:18	7	2:26	18	3:45	16.50	1:14:28	4:30	7	7:17	15	12:03