



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 |