



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Uwe Waldhaus

Club: SV Werder Bremen
Number: 192

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M40 (40-44) A

Total time: 1:14:49

Speed: 12.83 km/h
Running performance: 4:32 min/km

Rank in course/Total: 17 (of 198)

Rank in course/Men: 17 (of 144)

Best time in course: 1:02:25

Rank in category: 8(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 | 18:02 | 4:30 | 6 | 1:17 | 14 | 2:48 | 4.00 | 18:02 | 4:30 | 6 | 1:17 | 14 | 2:48 |
| Plessenburg | 3.00 | 20:06 | 6:42 | 5 | 2:04 | 15 | 3:04 | 7.00 | 38:08 | 5:26 | 6 | 3:21 | 14 | 5:52 |
| Abzweig rote Brü | 3.00 | 15:07 | 5:02 | 8 | 1:48 | 20 | 2:44 | 10.00 | 53:15 | 5:19 | 7 | 5:09 | 15 | 8:36 |
| Ilseburg/Markt | 6.50 | 21:34 | 3:19 | 8 | 2:29 | 19 | 3:48 | 16.50 | 1:14:49 | 4:32 | 8 | 7:38 | 17 | 12:24 |