



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	Stage score				Total ranking						
				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