



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Henning Becker

Club: SV 1860 Minden
Number: 9

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M40 (40-44) A

Total time: 1:18:09

Speed: 12.28 km/h
Running performance: 4:44 min/km

Rank in course/Total: 26 (of 198)

Rank in course/Men: 26 (of 144)

Best time in course: 1:02:25

Rank in category: 10(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	18:52	4:43	10	2:07	24	3:38	4.00	18:52	4:43	10	2:07	24	3:38
Plessenburg	3.00	21:38	7:12	10	3:36	28	4:36	7.00	40:30	5:47	10	5:43	27	8:14
Abzweig rote Brü	3.00	15:34	5:11	10	2:15	26	3:11	10.00	56:04	5:36	10	7:58	27	11:25
Ilseburg/Markt	6.50	22:05	3:23	9	3:00	23	4:19	16.50	1:18:09	4:44	10	10:58	26	15:44