



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Sebastian Kurch

Club: VfL 28 Ellrich
Number: 111

Course: 16.50 km
16,5 km - Lauf

Category:

Senioren M40 (40-44) A

Total time: 1:20:14

Speed: 12.34 km/h

Running performance: 4:51 min/km

Rank in course/Total: 32 (of 198)

Rank in course/Men: 32 (of 144)

Best time in course: 1:02:25

Rank in category: 11(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	19:02	4:45	11	2:17	28	3:48	4.00	19:02	4:45	11	2:17	28	3:48
Plessenburg	3.00	22:46	7:35	11	4:44	41	5:44	7.00	41:48	5:58	11	7:01	35	9:32
Abzweig rote Brü	3.00	15:56	5:18	11	2:37	31	3:33	10.00	57:44	5:46	11	9:38	33	13:05
Ilseburg/Markt	6.50	22:30	3:27	11	3:25	30	4:44	16.50	1:20:14	4:51	11	13:03	32	17:49