



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Sebastian Mund

Number: 125

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M40 (40-44) A

Total time: 1:21:36

Speed: 11.76 km/h

Running performance: 4:56 min/km

Rank in course/Total: 37 (of 198)

Rank in course/Men: 37 (of 144)

Best time in course: 1:02:25

Rank in category: 12(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	19:29	4:52	12	2:44	37	4:15	4.00	19:29	4:52	12	2:44	37	4:15
Plessenburg	3.00	23:25	7:48	12	5:23	47	6:23	7.00	42:54	6:07	12	8:07	41	10:38
Abzweig rote Brü	3.00	16:29	5:29	12	3:10	39	4:06	10.00	59:23	5:56	12	11:17	42	14:44
Ilseburg/Markt	6.50	22:13	3:25	10	3:08	26	4:27	16.50	1:21:36	4:56	12	14:25	37	19:11