



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Viktor Stickel

Number: 172

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M40 (40-44) A

Total time: 1:28:07

Speed: 10.89 km/h

Running performance: 5:20 min/km

Rank in course/Total: 60 (of 198)

Rank in course/Men: 56 (of 144)

Best time in course: 1:02:25

Rank in category: 13(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Abzweig Tännental	4.00	20:51	5:12	13	4:06	47	5:37	4.00	20:51	5:12	13	4:06	47	5:37
Plessenburg	3.00	23:58	7:59	13	5:56	52	6:56	7.00	44:49	6:24	13	10:02	52	12:33
Abzweig rote Brü	3.00	18:01	6:00	13	4:42	63	5:38	10.00	1:02:50	6:16	13	14:44	55	18:11
Ilseburg/Markt	6.50	25:17	3:53	13	6:12	56	7:31	16.50	1:28:07	5:20	13	20:56	56	25:42