



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Roy Radünzel

Number: 135

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M40 (40-44) A

Total time: 1:35:33

Speed: 10.36 km/h

Running performance: 5:47 min/km

Rank in course/Total: 104 (of 198)

Rank in course/Men: 84 (of 144)

Best time in course: 1:02:25

Rank in category: 14(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	22:34	5:38	16	5:49	83	7:20	4.00	22:34	5:38	16	5:49	83	7:20
Plessenburg	3.00	25:51	8:37	16	7:49	79	8:49	7.00	48:25	6:54	14	13:38	77	16:09
Abzweig rote Brü	3.00	18:59	6:19	15	5:40	83	6:36	10.00	1:07:24	6:44	15	19:18	80	22:45
Ilseburg/Markt	6.50	28:09	4:19	17	9:04	103	10:23	16.50	1:35:33	5:47	14	28:22	84	33:08