



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Christian Grösche

Number: 68

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M40 (40-44) A

Total time: 1:36:13

Speed: 9.98 km/h

Running performance: 5:49 min/km

Rank in course/Total: 109 (of 198)

Rank in course/Men: 88 (of 144)

Best time in course: 1:02:25

Rank in category: 15(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	23:05	5:46	17	6:20	90	7:51	4.00	23:05	5:46	17	6:20	90	7:51
Plessenburg	3.00	25:26	8:28	14	7:24	72	8:24	7.00	48:31	6:55	15	13:44	79	16:15
Abzweig rote Brü	3.00	18:30	6:10	14	5:11	73	6:07	10.00	1:07:01	6:42	14	18:55	79	22:22
Ilseburg/Markt	6.50	29:12	4:29	19	10:07	114	11:26	16.50	1:36:13	5:49	15	29:02	88	33:48