



41. Oster-Ilsetallauf
Ilseburg / 30.03.2024

Detailed evaluation

Jens Immenroth

Number: 82

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M40 (40-44) A

Total time: 1:36:33

Speed: 9.94 km/h

Running performance: 5:51 min/km

Rank in course/Total: 113 (of 198)

Rank in course/Men: 90 (of 144)

Best time in course: 1:02:25

Rank in category: 16(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	23:37	5:54	18	6:52	96	8:23	4.00	23:37	5:54	18	6:52	96	8:23
Plessenburg	3.00	25:48	8:35	15	7:46	76	8:46	7.00	49:25	7:03	16	14:38	87	17:09
Abzweig rote Brü	3.00	19:34	6:31	16	6:15	90	7:11	10.00	1:08:59	6:53	16	20:53	89	24:20
Ilseburg/Markt	6.50	27:34	4:14	16	8:29	96	9:48	16.50	1:36:33	5:51	16	29:22	90	34:08