



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Christian Hartleff

Number: 70

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M40 (40-44) A

Total time: 1:38:07

Speed: 9.78 km/h

Running performance: 5:56 min/km

Rank in course/Total: 118 (of 198)

Rank in course/Men: 95 (of 144)

Best time in course: 1:02:25

Rank in category: 17(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	22:05	5:31	14	5:20	74	6:51	4.00	22:05	5:31	14	5:20	74	6:51
Plessenburg	3.00	27:37	9:12	17	9:35	98	10:35	7.00	49:42	7:06	17	14:55	90	17:26
Abzweig rote Brü	3.00	20:58	6:59	17	7:39	107	8:35	10.00	1:10:40	7:04	17	22:34	93	26:01
Ilseburg/Markt	6.50	27:27	4:13	15	8:22	95	9:41	16.50	1:38:07	5:56	17	30:56	95	35:42