



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

René Stelzer-Scholz

Club: Die Unverwüstlichen
Number: 170

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M40 (40-44) A

Total time: 1:47:01

Speed: 8.97 km/h
Running performance: 6:29 min/km

Rank in course/Total: 147 (of 198)

Rank in course/Men: 115 (of 144)

Best time in course: 1:02:25

Rank in category: 19(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	26:05	6:31	19	9:20	118	10:51	4.00	26:05	6:31	19	9:20	118	10:51
Plessenburg	3.00	30:19	10:06	19	12:17	119	13:17	7.00	56:24	8:03	19	21:37	120	24:08
Abzweig rote Brü	3.00	22:07	7:22	19	8:48	117	9:44	10.00	1:18:31	7:51	19	30:25	118	33:52
Ilseburg/Markt	6.50	28:30	4:23	18	9:25	110	10:44	16.50	1:47:01	6:29	19	39:50	115	44:36