



# 41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

## Detailed evaluation

Patrick Peter

Number: 130

Course: 16.50 km  
16,5 km - Lauf

Category:  
Senioren M40 (40-44) A

Total time: 1:53:54

Speed: 8.43 km/h

Running performance: 6:54 min/km

Rank in course/Total: 165 (of 198)

Rank in course/Men: 127 (of 144)

Best time in course: 1:02:25

Rank in category: 20(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	29:04	7:15	21	12:19	139	13:50	4.00	29:04	7:15	21	12:19	139	13:50
Plessenburg	3.00	31:26	10:28	20	13:24	129	14:24	7.00	1:00:30	8:38	20	25:43	134	28:14
Abzweig rote Brü	3.00	22:07	7:22	19	8:48	117	9:44	10.00	1:22:37	8:15	20	34:31	131	37:58
Ilseburg/Markt	6.50	31:17	4:48	20	12:12	123	13:31	16.50	1:53:54	6:54	20	46:43	127	51:29