



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Marcus Biastoch

Club: Blankenburger Wadenqual
Number: 15

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M40 (40-44) A

Total time: 2:04:26

Speed: 7.71 km/h
Running performance: 7:32 min/km

Rank in course/Total: 190 (of 198)

Rank in course/Men: 139 (of 144)

Best time in course: 1:02:25

Rank in category: 21(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	27:07	6:46	20	10:22	125	11:53	4.00	27:07	6:46	20	10:22	125	11:53
Plessenburg	3.00	34:59	11:39	22	16:57	140	17:57	7.00	1:02:06	8:52	21	27:19	137	29:50
Abzweig rote Brü	3.00	25:51	8:37	21	12:32	137	13:28	10.00	1:27:57	8:47	21	39:51	137	43:18
Ilseburg/Markt	6.50	36:29	5:36	21	17:24	140	18:43	16.50	2:04:26	7:32	21	57:15	139	1:02:01