



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. | 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 | 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 |