



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Rene Wittig

Club: erst laufen dann saufen
Number: 206

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M40 (40-44) A

Total time: 2:14:07

Speed: 7.16 km/h
Running performance: 8:07 min/km

Rank in course/Total: 198 (of 198)

Rank in course/Men: 144 (of 144)

Best time in course: 1:02:25

Rank in category: 22(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	30:07	7:31	22	13:22	142	14:53	4.00	30:07	7:31	22	13:22	142	14:53
Plessenburg	3.00	34:55	11:38	21	16:53	139	17:53	7.00	1:05:02	9:17	22	30:15	141	32:46
Abzweig rote Brü	3.00	31:42	10:33	22	18:23	143	19:19	10.00	1:36:44	9:40	22	48:38	143	52:05
Ilseburg/Markt	6.50	37:23	5:45	22	18:18	142	19:37	16.50	2:14:07	8:07	22	1:06:56	144	1:11:42