



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Denny Becker

Club: SC Altstädten
Number: 8

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M45 (45-49) A

Total time: 1:16:23

Speed: 12.57 km/h
Running performance: 4:37 min/km

Rank in course/Total: 20 (of 198)

Rank in course/Men: 20 (of 144)

Best time in course: 1:02:25

Rank in category: 1(of 18)

Best time in the category: 1:16:23

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Abzweig Tännental	4.00	18:26	4:36	1	-	17	3:12	4.00	18:26	4:36	1	-	17	3:12
Plessenburg	3.00	20:48	6:56	1	-	19	3:46	7.00	39:14	5:36	1	-	19	6:58
Abzweig rote Brü	3.00	15:07	5:02	1	-	20	2:44	10.00	54:21	5:26	1	-	19	9:42
Ilseburg/Markt	6.50	22:02	3:23	2	1:01	21	4:16	16.50	1:16:23	4:37	1	-	20	13:58