



41. Oster-Ilsetallauf

Ilseburg / 30.03.2024

Detailed evaluation

Jens Abernetty

Club: Team Susi & Jenson
Number: 2

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M45 (45-49) A

Total time: 1:17:49

Speed: 12.34 km/h
Running performance: 4:42 min/km

Rank in course/Total: 23 (of 198)

Rank in course/Men: 23 (of 144)

Best time in course: 1:02:25

Rank in category: 2(of 18)

Best time in the category: 1:16:23

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	19:47	4:56	6	1:21	40	4:33	4.00	19:47	4:56	6	1:21	40	4:33
Plessenburg	3.00	21:32	7:10	3	0:44	27	4:30	7.00	41:19	5:54	4	2:05	30	9:03
Abzweig rote Brü	3.00	15:29	5:09	2	0:22	25	3:06	10.00	56:48	5:40	4	2:27	30	12:09
Ilseburg/Markt	6.50	21:01	3:14	1	-	16	3:15	16.50	1:17:49	4:42	2	1:26	23	15:24