



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Daniel Knauer

Club: Brockenlaufverein
Number: 95

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M45 (45-49) A

Total time: 1:18:15

Speed: 12.27 km/h
Running performance: 4:44 min/km

Rank in course/Total: 27 (of 198)

Rank in course/Men: 27 (of 144)

Best time in course: 1:02:25

Rank in category: 3(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	18:32	4:38	2	0:06	20	3:18	4.00	18:32	4:38	2	0:06	20	3:18
Plessenburg	3.00	21:21	7:07	2	0:33	24	4:19	7.00	39:53	5:41	2	0:39	24	7:37
Abzweig rote Brü	3.00	15:38	5:12	3	0:31	28	3:15	10.00	55:31	5:33	2	1:10	24	10:52
Ilseburg/Markt	6.50	22:44	3:29	5	1:43	34	4:58	16.50	1:18:15	4:44	3	1:52	27	15:50